

**BAMFORD HAYBARN BROMPTON CROSS**

60-minute classes £30 / 75-minute classes £40 / 90-minute classes £50 / all classes: Book 6 &amp; only pay for 5.

Private sessions: 60 mins for one person £90, 60 mins for two people £110

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Private sessions available on request	Private sessions available on request	Private sessions available on request	Private sessions available on request	Private sessions available on request	Private sessions available on request	Private sessions available on request
7.15 – 8.30 Mindful Pilates Zoe-Maia Jarchevsska	7.15 – 8.15 GS Method (Pilates) Georgie Spurling	7.30 – 8.30 Traditional Hatha Yoga Ravi Dixit	7.30 – 8.30 Traditional Hatha Yoga Ravi Dixit	7.30 – 8.30 GS Method (Pilates) Georgie Spurling	8.15 – 9.15 Hatha Breath and Flow Ravi Dixit	
9.30 – 10.30 Slow Flow Emily Roberti		10.00 – 11.15 Hatha Yoga Michael Saunders	9.30 – 10.45 Open Yoga Emily Roberti	9.15 – 10.15 Jo's Dance Jo Manoukian	9.30 – 10.30 Traditional Hatha Yoga Ravi Dixit	10.00 – 11.15 Meditative Flow Emily Reed
		1.30 – 2.45 Slow Flow Golnaz Maleki		11.00 – 12.15 Vinyasa Yoga Tanja Mickwitz	10.45 – 11.45 Vinyasa Yoga Mira Khreino	
6.30 – 7.45 Mindful Yoga Catherine Annis	6.30 – 7.45 Unwind Yoga Cristiana Marsella	6.45 – 7.45 Alchemy Crystal Bowl Sound Bath Lucy Reid	6.00 – 7.00 Gong & Sound Healing Bath Lucy Keaveny		12.00 – 5.00 Workshops & Events*	

\* PLEASE TURN OVER FOR FURTHER INFORMATION ON OUR CLASSES. IF YOU HAVE ANY QUESTIONS OR WISH TO MAKE A BOOKING, PLEASE VISIT OUR WEBSITE [BAMFORD.COM](http://BAMFORD.COM) OR CALL BAMFORD HAYBARN BROMPTON CROSS ON 020 7259 4980

\* AS OUR CLASSES HAVE BEEN CREATED BY INDIVIDUAL TEACHERS TO WORK WITH THEIR SKILL SET, THERE MAY BE RARE OCCASIONS A CLASS TIME CHANGES OR IS CANCELLED FOR A SHORT TIME PERIOD DUE TO THE TEACHER BEING UNAVAILABLE. WE WILL ALWAYS DO OUR BEST TO COVER THESE CLASSES & THE TEACHER OR CLASS CHANGE WILL BE CLEARLY SHOWN ONLINE.

\* NOT ALL OF OUR CLASSES ARE SUITABLE FOR PREGNANT GUESTS, THEREFORE PLEASE SEE THE TEAM FOR CONFIRMATION. WE WOULD ADVISE IF YOU ARE BETWEEN 12-36 WEEKS PREGNANT THAT YOU HAVE A PRIVATE ONE TO ONE SESSION AS OPPOSED TO JOINING A CLASS. PLEASE ASK THE TEAM FOR MORE INFORMATION.

**CLASSES****SLOW FLOW**

THIS CLASS WILL AIM TO PRIME YOU FOR YOUR DAY, ACTIVATING YOUR ENERGY, CLARITY AND FOCUS. A SLOW FLOW CLASS DEVELOPS BOTH STRENGTH AND MOBILITY WITH GRACEFUL TRANSITIONS AND CONSCIOUS BREATH WORK. GOOD FOR BEGINNERS AND INTERMEDIATE-LEVEL PRACTITIONERS SEEKING A REJUVENATING START TO THE DAY.

**MINDFUL YOGA**

A CLASS FOCUSING ON DEEPENING PHYSICAL AWARENESS AND ALIGNMENT TO REVEAL THE NATURAL FREEDOM OF THE BODY, PARTICULARLY THE SPINE. SUITABLE FOR ALL LEVELS.

**HATHA YOGA**

A SLOW – FLOWING PRACTICE OF ASANAS THAT DEVELOPS FLEXIBILITY, STRENGTH AND VITALITY. CONTROLLED BREATHING HELPS TO ELIMINATE TOXINS AND PURIFY THE BODY WHILE SAVASANA (RELAXATION) QUIETS THE MIND AND BRINGS THE BODY TO ITS OWN NATURAL STATE OF BALANCE AND PEACE. SUITABLE FOR ALL LEVELS.

### **OPEN YOGA**

THIS CLASS DRAWS ON THE WHOLE SPECTRUM OF YOGA PRACTICE AND ITS PHILOSOPHY TO HELP REDUCE ANXIETY, STRESS AND TENSION AND TO INSPIRE YOU TO CULTIVATE GREATER SELF-AWARENESS, COMPASSION, FREEDOM, HEALTH AND HAPPINESS. SUITABLE FOR ALL LEVELS.

### **GS METHOD (PILATES)**

BASED ON THE TECHNIQUES OF PILATES, FOCUSING ON TURNING UP THE HEAT AND BURN BY FATIGUING THE MUSCLES MUCH MORE RAPIDLY. BY USING SMALL AND CONTROLLED MOVEMENTS WE ARE CONTRACTING THE MUSCLES FOR A LONGER PERIOD OF TIME, THEREFORE GAINING STRENGTH QUICKLY. IT IS LOW IMPACT, NON-AGGRESSIVE AND BRINGS YOU TO YOUR CENTRE.

### **GONG & SOUND HEALING BATH**

YOU WILL BE GUIDED THROUGH PRANAYAMA AND MEDITATION, BEFORE YOU LIE DOWN AND SUBMERGE YOURSELF IN THE HEALING SOUNDS OF THE GONG AND CRYSTAL BOWLS TO RELEASE BLOCKAGES AND ALLOW YOUR MIND TO TRULY SWITCH OFF. A SOUND BATH CAN HELP RELEASE STRESS, ANXIETY, TRAUMA AND CAN HELP WITH SLEEP ISSUES.

### **JO'S DANCE**

BORED OF ALL OTHER FORMS OF EXERCISE JO MANOUKIAN FOUNDED HER DANCING CONCEPT. TAUGHT BY WOMEN FOR WOMEN, THIS CLASS IS FOR ALL AGES AND NON-PROFESSIONALS WHO LOVE TO DANCE BUT NEED A LITTLE MORE 'TLC' WHEN TAUGHT. JO HAS CREATED AN ENVIRONMENT THAT ENCOURAGES WOMEN TO EXPRESS THEMSELVES AND LEAVE FEELING CONFIDENT AND ADDICTED TO DANCE. FOR ALL ABILITIES WHO LOVE TO DANCE.

### **VINYASA YOGA**

A MORE ATHLETIC STYLE OF FLOW YOGA INVOLVING CONTINUOUS MOVEMENT. SUITABLE FOR THOSE WITH AN INTERMEDIATE-LEVEL PRACTICE.

### **MEDITATIVE FLOW**

THIS CLASS INCORPORATES SLOW-FLOWING MOVEMENT AND BREATH WORK TO OPTIMISE PHYSICAL AND EMOTIONAL WELL-BEING. EXPECT MEDITATIVE MUSIC AND SOUNDS, MANTRAS AND BREATHING PRACTICES. SUITABLE FOR ALL LEVELS.

### **TRADITIONAL HATHA YOGA**

RESTORE THE CONNECTION WITH YOURSELF THROUGH THE CLASSIC PRACTICE OF TRADITIONAL HATHA YOGA, AS TAUGHT IN INDIA. THIS AUTHENTIC YOGA CLASS HAS A FOCUS ON CONNECTING BREATH WITH MOVEMENT, THROUGH THE USE OF PRANAYAMA BREATHWORK, DYNAMIC ASANAS (POSES) AND MEDITATION, TO BRING HARMONY TO BODY AND MIND.

### **MINDFUL PILATES**

A PILATES CLASS DESIGNED TO WORK THE ENTIRE BODY THROUGH A SERIES OF REPETITIVE, MAT-BASED EXERCISES. THIS CLASS WILL USE CONSCIOUS AND CONSIDERED MOVEMENTS AND BREATH-WORK IN ORDER TO MOBILISE, STRENGTHEN AND TONE THE ENTIRE BODY WITH PARTICULAR EMPHASIS ON THE CORE. IMPROVE POSTURE, BALANCE AND ALIGNMENT, WHILST WORKING TO PREVENT INJURIES AND PROMOTE A HEALTHY MIND AND BODY.

### **UNWIND YOGA**

WITH GREATER FOCUS ON THE BREATH, ALL POSES ARE LINKED TOGETHER BY GENTLE FLOW THAT INCORPORATES MENTAL VISUALISATIONS TO QUIET THE MIND AND RELEASE TENSION. THE CLASS STARTS WITH BREATH AWARENESS AND GENTLE WARM UP POSTURES, FOLLOWED BY SUN SALUTIONS, STANDING POSES, SEATED POSES AND MEDITATION, FINISHING WITH A RELAXING SAVASANA.

### **HATHA BREATH & FLOW**

A HOLISTIC YOGA CLASS, STARTING WITH BREATHWORK TO CLEAR THE BODY AND CALM THE MIND, FOLLOWED BY A HATHA FLOW WITH SUN SALUTIONS AND FINISHING WITH RELAXATION. A GREAT CLASS TO START YOUR MORNING FEELING REFRESHED AND ENERGIZED.

### **ALCHEMY CRYSTAL BOWL SOUND BATH**

LIE DOWN WITH THE BLISSFUL HEALING TONES OF ALCHEMY CRYSTAL BOWLS. THE HIGH VIBRATION CRYSTAL SOUND WAVES RESONATE WITH YOUR PHYSICAL BODY AND MIND, BRINGING YOU TO A STATE OF CONSCIOUS REST AND PEACE, WHERE NATURAL HEALING IS GIVEN SPACE TO FLOW.