

BAMFORD HAYBARN BROMPTON CROSS

60 minute classes £30 / 75 minute classes £40 / 90 minute classes £50 / all classes: Book 6 & 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
		7.30 – 8.30 Traditional Hatha Ravi Dixit	7.30 – 8.30 Traditional Hatha Ravi Dixit	7.30 – 8.30 Morning Slow Flow Lis Cancio		
9.30 – 10.30 Slow Flow Emily Roberti	9.30 – 10.30 Awaken & Flow Yoga Lis Cancio	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 Ravi Dixit	10.00 – 11.15 Meditative Flow Emily Reed
		1.30 – 2.45 Slow Flow Golnaz Maleki	11.00 – 12.00 GS Method Georgie Spurling	11.00 – 12.15 Vinyasa Yoga Tanja Mickwitz	10.45 – 11.45 Vinyasa Flow Mira Khreino	
6.30 – 7.45 Mindful Yoga Catherine Annis	6.30 – 7.45 Kundalini Yoga & Gong Bath Kathryn McCusker	6.30 – 7.45 Slow Flow & Yin Yoga Lis Cancio	6.00 – 7.00 Gong & Sound Healing Bath Lucy Keaveny		12.00 – 5.00 Workshops & Events *Please see our team for latest workshops	

\*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.

### AWAKEN & FLOW YOGA

THIS CLASS WILL AIM TO ACTIVATE YOUR ENERGY, CLARITY & FOCUS. THE FLOW WILL BE FUNCTIONAL & PROGRESSIVE ENSURING STUDENTS ARE INTERGRATING STABILITY & MOBILITY MINDFULLY. THERE WILL BE PRANAYAMA & MEDITATION APPROPRIATE FOR BEGINNERS TO OPEN LEVEL PRACTITIONERS SEEKING A REVITALISING START TO THE DAY.

### 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.

### KUNDALINI YOGA & GONG BATH

KUNDALINI YOGA IS CONSIDERED TO BE THE MOST COMPREHENSIVE OF YOGAS, COMBINING POWERFUL BREATHING TECHNIQUES, POSTURES, MANTRAS AND MEDITATION. PRACTISING KUNDALINI YOGA KEEPS THE BODY IN SHAPE AND TRAINS THE MIND TO BE STRONG AND FLEXIBLE IN THE FACE OF STRESS AND CHANGE. IT BOOSTS BLOOD FLOW, STRENGTHENS THE NERVOUS SYSTEM, AND REDUCES STRESS-INDUCED TOXINS SUCH AS ADRENALINE AND CORTISOL. SUITABLE FOR THOSE WITH AN INTERMEDIATE-LEVEL PRACTICE.

### SLOW FLOW & YIN YOGA

THIS CLASS WILL OFFER MINDFUL YANG MOVEMENT TO CLEANSE STRESS FROM YOUR DAY, FOLLOWED BY GENTLE YIN POSTURES AND MEDITATION TO SOOTHE AND HARMONISE. IT WILL BE OPEN TO ANYONE WISHING TO RE-CENTRE WITH EASE AND PREPARE FOR SLEEP.

### 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.