

New client offer

Unlimited Classes for 21 Days only £40*

*For clients new to The Life Centre.

Valid for 21 consecutive days from date of first visit and cannot be extended. Proof of ID required.

Continue your yoga journey with a half-price 10 class pass for £65.00. Available to purchase up to two weeks after your New Client Offer finish date.

Islington

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The Life Centre is there for every moment —yoga for life

1 Islington

Timetable week commencing
13 January 2020

thelifecentre.com

Mysore client offer

14 days unlimited Mysore yoga classes for £40*

Unlimited passes**

Per month	£140/ £112 concession ***
Per month by direct debit	£105
Annual Pass	£1,100

Class passes**

5 classes (valid for 3 months)	£70/ £56 concession***
10 classes (valid for 4 months)	£130/ £104 concession***

Drop-in classes

All Drop-in/ Mysore	£16
Yoga for Those Affected by Cancer	£10
Yoga for Kids and Teens	£7
Trainee Teacher class (T)	£3

Mumaste

15 Pregnancy Classes (valid for 9 months)	£185
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Classes booked in advance

Baby Massage (bring a towel)	£17
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Important Info

For courses or workshops please see website or posters for prices. All courses and workshops must be booked and paid for in advance.

All payments for classes are accepted by The Life Centre on behalf of The Life Centre Education Limited.

Remember

There are no Mysore classes on moon days

10 January	22 May	1 October
24 January	5 June	16 October
9 February	21 June	31 October
23 February	5 July	15 November
9 March	20 July	30 November
24 March	3 August	14 December
8 April	19 August	30 December
23 April	2 September	
7 May	17 September	

* This offer is available to anyone new or who has not attended Mysore Self Practice at The Life Centre in the past 12 months.

** No extensions. Cannot be used for courses or workshops. Class passes are valid from the date of purchase.

*** 20% discount for senior citizens (aged 65+), registered unemployed and full-time students. Proof required.

Monday

Time	Class	Studio	Teacher
6:15—9:15	Ashtanga Yoga Mysore Style Practice	L	Agi
9:30—10:45	Vinyasa Flow	U	Zhozeh
11:00—12:15	Jivamukti Yoga	U	Harriet
12:30—13:45	Pilates	L	Emily
13:00—14:00	Lunchtime Flow	U	Joyce
14:30—15:45	Restorative Yoga	U	Joyce
16:00—17:15	Yoga for Those Affected by Cancer	L	Anja
16:30—17:45	Gentle Yoga w Meditation	U	Anna B
18:00—19:15	Vinyasa Flow Experienced	U	Tanja
18:15—19:30	Yoga Foundations	L	Sandi
19:30—21:00	Flow & Restore	U	Tanja
19:45—21:00	Yoga Beginners Course - Pre-booking required	L	Sandi

Tuesday

Time	Class	Studio	Teacher
6:15—9:15	Ashtanga Yoga Mysore Style Practice	L	Agi
7:30—8:30	Jivamukti Spiritual Warrior	U	Molly
9:30—11:00	Iyengar Yoga	U	Marco
10:00—11:15	Jivamukti Yoga	L	Huma
11:30—12:45	Baby Massage	L	Alice
12:30—13:45	Vinyasa Flow	U	Tanja
13:00—14:00	Lunchtime Pilates	L	Eleah
14:30—15:45	Yin Yoga	U	Amanda
16:00—16:45	Yoga & Mindfulness for Kids (4-8 year olds) (Term Time Only)	L	Ayala
17:00—17:45	Yoga & Mindfulness for Kids (9 years +) (Term Time Only)	L	Ayala
18:00—19:15	Ashtanga Yoga	L	Amanda
18:15—19:30	Pregnancy Yoga	U	Sandi
18:30-19:15	Meditation	T	Isabell
19:30—21:00	Vinyasa Flow Experienced	L	Isabell
19:45—21:00	Yoga w Meditation	U	Sandi

Wednesday

Time	Class	Studio	Teacher
6:15—9:15	Ashtanga Yoga Mysore Style Practice	L	Agi
7:30—8:30	Vinyasa Flow	U	Shira
9:30—10:45	Vinyasa Flow	U	Alessandra
9:45—10:45	Parents and Toddlers Yoga	L	Ayala
11:00—12:30	Feldenkrais for Yoga	U	Daniel
11:00—12:15	Yoga	L	Adelene
12:30—14:00	Restorative	L	Adelene
13:00—14:00	Lunchtime Vinyasa Flow	U	Isabell
16:30—17:45	Yoga w Meditation	U	Lisa K-I
18:00—19:30	Vinyasa Flow	U	Isabell
18:15—19:30	Yoga	L	Lisa S
19:45—21:15	Vinyasa Flow	U	Michael
19:45—21:00	Specialist Courses (Various) - Pre-booking required	L	Various

Thursday

Time	Class	Studio	Teacher
6:15— 9:15	Ashtanga Yoga Mysore Style Practice	L	Agi
7:30—8:30	Jivamukti Spiritual Warrior	U	Molly
9:30—10:45	Vinyasa Flow	U	Anita
10:45—12:15	Mums and Babies Yoga	L	Sandi
11:00—12:15	Yin Yoga	U	Anna T
12:30—13:45	Pregnancy Yoga	L	Sandi
13:00—14:00	Lunchtime Yoga	U	Anna T
16:30—17:45	Vinyasa Flow w Meditation	L	Graham
18:00—19:15	Jivamukti Yoga	U	Luis
18:15—19:30	Iyengar Yoga	L	Honor
19:30—20:45	Flow & Restore	U	Gillian
19:45—21:00	Yoga (T)	L	Trainee

Friday

Time	Class	Studio	Teacher
6:15—9:15	Ashtanga Yoga Mysore Style Practice*	L	Agi
7:30—8:30	Vinyasa Flow	U	Shira
9:45—11:15	Yoga w Meditation	U	Lisa K-I
10:00—11:15	Jivamukti Yoga	L	Harriet
11:30—12:45	Vinyasa Flow	U	Alessandra
13:00—14:00	Vinyasa Flow	U	Ann
14:30—15:30	Chair Yoga (£4)	L	Karen
16:00—17:30	Restorative Yoga	U	Joyce
17:45—19:15	Yin Yoga	U	Norman
18:15—19:30	Vinyasa Flow	L	Gillian

Saturday

Time	Class	Studio	Teacher
9:00—10:30	Ashtanga Yoga	U	Amanda
9:30—10:45	Yoga Foundations	L	Zhozeh
10:45—12:15	Jivamukti Yoga	U	Harriet
11:00—12:15	Pilates	L	Eleah
12:30—13:45	Vinyasa Flow w Meditation	U	Isabell
14:30—15:45	Vinyasa Flow	U	Ann
16:00—17:15	Yin w Yoga Nidra	U	Ann
17:45—19:00	Vinyasa Flow	U	Rain

Sunday

Time	Class	Studio	Teacher
9:30—11:00	Vinyasa Flow	U	Rain
10:00—11:15	Yoga	L	Dimuthu
11:15—12:45	Ashtanga Yoga	U	Agi
11:30—12:45	Restorative Yoga	L	Dimuthu
13:00—14:15	Iyengar Yoga	U	Helen
14:30—16:00	Jivamukti Yoga	U	Luis
16:15—17:30	Pregnancy Yoga	U	Maren
17:45—19:15	Flow & Restore	L	Maren
18:00—19:15	Vinyasa Flow	U	Anita

Key to studios

L — Lower U — Upper

Please, see reverse for important information

* On the first Friday of every month we will run a Led Primary Series Ashtanga class at 6.30-8.00 - not suitable for beginners