

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

1 Britannia Row
London N1 8QH
T. 020 7704 0919

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

1 Islington

Timetable week commencing
1 July 2019

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

6 January	●	4 May	●	14 September	●
21 January	●	18 May	●	28 September	●
31 January	●	3 June	●	13 October	●
4 February	●	17 June	●	28 October	●
19 February	●	2 July	●	12 November	●
6 March	●	16 July	●	26 November	●
21 March	●	1 August	●	12 December	●
5 April	●	15 August	●	26 December	●
19 April	●	30 August	●		

* 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	Level	Studio	Teacher
6:15—9:15	Ashtanga Yoga Mysore Style Practice	All	L	Agi
9:30—10:45	Dynamic Flow	All	U	Zhozeh
11:00—12:15	Jivamukti Yoga	1—2	U	Harriet
12:30—13:45	Ashtanga	1—2	U	Joyce
13:00—14:00	Dynamic Flow	1—2	L	Yazmin
14:00—15:15	Restorative Yoga	All	U	Joyce
16:00—17:15	Yoga for Those Affected by Cancer	All	L	Anja
16:30—17:45	Gentle Yoga, Pranayama & Meditation	All	U	Anna B
18:00—19:15	Dynamic Flow	2	U	Tanja
18:30—19:45	Yoga	1	L	Sandi
19:30—21:00	Flow & Restore	All	U	Tanja
20:00—21:30	Yoga with Meditation	1—2	L	Sandi

Tuesday

Time	Class	Level	Studio	Teacher
6:15—9:15	Ashtanga Yoga Mysore Style Practice	All	L	Agi
7:30—8:30	Jivamukti Spiritual Warrior	1—2	U	Molly
9:30—11:00	Iyengar Yoga	1—2	U	Marco
10:00—11:15	Jivamukti Yoga	1—2	L	Huma
11:30—12:45	Baby Massage	All	L	Alice
12:30—13:45	Slow Flow	1—2	U	Tanja
13:00—14:00	Pilates	All	L	Eleah
16:00—16:45	Yoga & Mindfulness for Kids (4-8 year olds) (Term Time Only)	All	L	Ayala
16:30—17:45	Restorative Yoga with Yoga Nidra	All	U	Eunice
17:00—17:45	Yoga & Mindfulness for Kids (9 years +) (Term Time Only)	All	L	Ayala
18:00—19:15	Yoga	All	L	Eunice
18:30—19:15	Meditation	All	T	Isabell
18:30—20:00	Pregnancy Yoga	All	U	Sandi
19:30—21:00	Dynamic Flow	2	L	Isabell
20:15—21:30	Yoga Beginners' Course Pre—Booking Required	All	U	Various

Wednesday

Time	Class	Level	Studio	Teacher
6:15—9:15	Ashtanga Yoga Mysore Style Practice	All	L	Agi
7:15—8:15	Dynamic Flow	All	1—2	Shira
9:30—10:45	Jivamukti Yoga	1—2	U	Tia
9:45—10:45	Parents and Toddlers Yoga	All	L	Ayala
11:00—12:30	Feldenkrais for Yoga	All	L	Daniel
11:15—12:45	Relax and Restore	All	U	Adelene
12:45—13:45	Jivamukti Spiritual Warrior	1—2	L	Gillian
13:00—14:15	Dynamic Flow	1—2	U	Isabell
16:00—17:30	Slow Flow with Meditation	1—2	U	Lisa K-I
18:00—19:30	Dynamic Flow	2	U	Susanne
18:15—19:30	Yoga	1—2	L	Lisa S
19:45—21:15	Dynamic Flow	1—2	U	Michael
19:45—21:00	Yoga Beginners' Course Pre—Booking Required	All	L	Various

Thursday

Time	Class	Level	Studio	Teacher
6:15— 9:15	Ashtanga Yoga Mysore Style Practice	All	L	Agi
7:30—8:30	Jivamukti Spiritual Warrior	1—2	U	Molly
9:30—10:45	Dynamic Flow	1—2	U	Anita
10:45—12:15	Mums and Babies Yoga	All	L	Sandi
11:15—12:30	Yin Yoga	All	U	Anna T
12:30—13:45	Pregnancy Yoga	All	L	Sandi
13:00—14:00	Yoga	1—2	U	Anna T
16:30—17:45	Slow Flow with Meditation	1—2	L	Graham
18:00—19:15	Dynamic Flow	1—2	U	Isabell
18:15—19:30	Iyengar Yoga	1	L	Honor
19:30—21:00	Jivamukti Yoga	2	U	Luis
19:45—21:00	Yoga (T)	1—2	L	Trainee

Friday

Time	Class	Level	Studio	Teacher
6:15—9:15	Ashtanga Yoga Mysore Style Practice*	All	L	Agi
7:15—8:15	Dynamic Flow	1—2	U	Shira
9:45—11:15	Slow Flow with Meditation	1—2	U	Lisa K-I
11:30—12:45	Dynamic Flow	1—2	U	Alessandra
13:00—14:00	Dynamic Flow	1—2	U	Ann
16:15—17:30	Restorative Yoga	All	U	Joyce
17:45—19:15	Yin Yoga	1—2	U	Norman
18:15—19:30	Slow Flow	1—2	L	Joyce

Saturday

Time	Class	Level	Studio	Teacher
9:00—10:30	Ashtanga Yoga	1—2	U	Amanda
10:45—12:15	Jivamukti Yoga	2	U	Harriet
11:00—12:15	Pilates	All	L	Eleah
12:30 — 13:45	Dynamic Flow	All	U	Isabell
14:30—15:45	Dynamic Flow	1—2	U	Ann
16:00—17:15	Yin and Yoga Nidra	All	U	Ann
17:45 — 19:00	Dynamic Flow	1—2	U	Dimuthu

Sunday

Time	Class	Level	Studio	Teacher
9:30—11:00	Dynamic Flow	All	U	Alessandra
11:15—12:45	Ashtanga Yoga	All	U	Leone
13:00—14:15	Iyengar Yoga	1	U	Helen
14:30—16:00	Jivamukti Yoga	2	U	Luis
16:15—17:30	Pregnancy Yoga	All	U	Maren
17:45—19:15	Flow, Relax & Rejuvenate Yoga	All	L	Maren
18:00—19:15	Dynamic Flow	All	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