

## 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.

## Notting Hill

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

**N** Notting Hill

Timetable week commencing  
1 January 2020

[thelifecentre.com](http://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 / £90 concession***
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

## 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 unem-  
ployed and full-time students. Proof required.

## Monday

Time	Class	Studio	Teacher
6:30—9:15	Ashtanga Yoga Mysore Style Practice	L	Natalie
9:30—10:45	Vinyasa Flow	G	Zephyr
10:00—11:15	Yoga	L	Tanya
11:00—12:30	Pregnancy Yoga	G	Tara
12:30—14:00	Pilates Experienced	L	Anoushka
13:00—14:00	Lunchtime Vinyasa Flow	G	Phillipa
14:30—15:45	Restorative w Guided Relaxation	G	Diana
14:30—15:45	Yoga for Those Affected by Cancer	L	Vicky
16:30—17:45	Iyengar Yoga	G	Dina
18:00—19:15	Vinyasa Flow	G	Zephyr
18:15—19:30	Ashtanga Yoga	L	Phillipa
19:30—20:45	Yoga	G	Leone
19:45—21:00	Vinyasa Flow	L	Alida

## Tuesday

Time	Class	Studio	Teacher
6:30—9:15	Ashtanga Yoga Mysore Style Practice	L	Natalie
7:15—8:15	Vinyasa Flow	G	Ayanna
8:30—9:45	Pilates	G	Lily
9:30—10:45	Vinyasa Flow	L	Tara
10:00—11:15	Yoga Experienced	G	Catriona
11:30—12:30	Yoga Foundations	L	Catriona
11:30—12:45	Mums and Babies Yoga	G	Tara
13:00—14:00	Lunchtime Vinyasa Flow	L	Alida
13:00—14:15	Feldenkrais for Yoga	G	Daniel
15:00—16:15	Gentle Yoga	G	Louise
16:30—17:45	Vinyasa Flow	G	Graham
17:45—19:00	Vinyasa Flow	L	Sophie
18:00—19:15	Ashtanga Yoga	G	Phillipa
19:15—20:45	Yoga w Meditation	L	Mark
19:30—20:45	Yin Yoga	G	Jess

## Wednesday

Time	Class	Studio	Teacher
6:30—9:15	Ashtanga Yoga Mysore Style Practice	L	Natalie
7:15—8:15	Yoga	G	Erika
9:30—10:45	Vinyasa Flow	G	Zephyr
10:30—11:45	Pregnancy Yoga	L	Lucy
11:00—12:15	Vinyasa Flow	G	Tanja
12:30—13:45	Pilates	L	Sana
13:00—14:00	Lunchtime Yoga	G	Emily
14:30—15:45	The Human Method	G	Nahid
16:00—17:30	Restorative Yoga w Yoga Nidra	G	Anna
17:45—19:00	Ashtanga Yoga	L	Phillipa
18:00—19:15	Vinyasa Flow Experienced	G	Susanne
19:15—20:45	Meditation/Pranayama Course (Pre-booking Required)	L	Laurent
19:30—20:45	Yoga w Meditation	G	Mark

## Thursday

Time	Class	Studio	Teacher
6:30—9:15	Ashtanga Yoga Mysore Style Practice	L	Natalie
7:15—8:15	Vinyasa Flow	G	Ayanna
8:30—9:45	Pilates	G	Sarah
9:30—10:45	Yoga	L	Rebekah
10:00—11:15	Vinyasa Flow Experienced	G	Tanja
11:00—12:15	Restorative Yoga	L	Rebekah
11:30—12:45	Baby Massage	G	Alice
13:00—14:00	Lunchtime Vinyasa Flow	G	Alida
15:00—16:15	Iyengar Yoga	G	Dina
16:30—17:45	Yin Yoga	G	Norman
17:45—19:00	Pregnancy Pilates	L	Natalia
18:00—19:15	Yoga	G	Emily
19:30—20:45	Beginners Yoga Courses Pre-Booking Required	L	Various
19:30—20:45	Vinyasa Flow	G	Jess

## Friday

Time	Class	Studio	Teacher
6:30—9:15	Ashtanga Yoga Mysore Style Practice*	L	Natalie
8:00—9:15	Vinyasa Flow	G	Sophie
9:30—11:00	Yoga	G	Erika
10:00—11:15	Yoga	L	Catherine
11:15—12:45	Mums and Babies Yoga	G	Lucy
11:30—12:45	Vinyasa Flow	L	Elisa
13:00—14:15	Yoga	L	Lucy
13:00—14:00	Lunchtime Pilates	G	Lily
14:30—15:45	Restorative Yoga	G	Charlie M
16:00—17:30	Vinyasa Flow Experienced	G	Zephyr
16:30—17:45	Gentle Yoga w Yoga Nidra	L	Graham
17:45—19:00	Vinyasa Flow	G	Zephyr
19:15—20:30	Candlelit Vinyasa Flow	G	Zhozeh

## Saturday

Time	Class	Studio	Teacher
9:00—10:15	Vinyasa Flow	G	Tia
9:30—10:45	Yoga Experienced	L	Margherita
10:30—11:45	Pregnancy Yoga	G	Deanne
11:00—12:15	Yoga	L	Margherita
12:00—13:15	Yoga	G	Leone
13:30—15:00	Ashtanga Yoga	G	Phillipa
14:00—15:30	Vinyasa Flow Experienced	L	Graham
15:30—17:00	Yin Yoga	G	Amanda
17:15—18:45	Yoga w Meditation	G	Mark
17:30—18:30	Yoga for Teens	L	Flavia

## Sunday

Time	Class	Studio	Teacher
8:45—10:15	Ashtanga Led Primary Series	L	Phillipa
9:00—10:30	Yoga w Meditation	G	Mark
10:30—11:30	Pilates	L	Sana
11:00—12:15	Vinyasa Flow	G	Dirish
11:45—13:00	Vinyasa Flow	L	Zhozeh
12:30—13:45	Yoga	G	Margherita
14:00—16:00	Workshop/Course	G	Various
16:15—17:45	Yoga	G	Louise
17:00—18:30	Ashtanga Yoga Experienced	L	Phillipa
18:00—19:30	Restorative Yoga	G	Louise

### Key to studios

G — Ground L — Loft

### 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