

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 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 / £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

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

Monday

Time	Class	Level	Studio	Teacher
6:30—9:30	Ashtanga Yoga Mysore Style Practice	All	L	Olivia
8:45—9:15	Meditation (£7 community)	All	G	Zephyr
9:30—10:45	Slow Flow	2	G	Zephyr
9:45—11:00	Scaravelli Inspired Yoga	All	L	Tanya
11:00—12:15	Mums and Babies Yoga	All	G	Tara
11:15—12:30	Slow Flow with Meditation	1-2	L	Charlie Merton
12:45—14:15	Pilates	2—3	L	Anoushka
12:45—14:00	Pregnancy Yoga	All	G	Tara
14:30—15:45	Yoga and Guided Relaxation	All	G	Diana
14:30—15:45	Yoga for Those Affected by Cancer	All	L	Vicky
16:00—17:15	Iyengar Yoga	1—2	G	Dina
17:30—18:30	Slow Flow	1—2	G	Zephyr
17:45—19:15	Ashtanga Yoga	2	L	Phillipa
18:45—20:00	Yoga	1—2	G	Leone
19:30—21:00	Slow Flow	2	L	Alida
20:15—21:30	Yoga Beginners' Course Pre—Booking Required	All	G	Various

Tuesday

Time	Class	Level	Studio	Teacher
6:30—9:30	Ashtanga Yoga Mysore Style Practice	All	L	Olivia
7:15—8:15	Slow Flow	All	G	Ayanna
8:30—9:45	Pilates	All	G	Lily
9:45—11:00	Slow Flow	1—2	L	Angie
10:00—11:30	Yoga	2	G	Catrina
11:15—12:30	Dynamic Flow	1—2	L	Jess
11:45—12:45	Yoga	1	G	Catrina
13:00—14:15	Yoga with Meditation	2	G	Tara
14:30—15:30	Gentle Yoga	All	G	Louise
16:30—17:45	Restorative Yoga	All	L	Anna
17:30—18:30	Dynamic Flow	1—2	G	Sophie
18:00—19:15	Ashtanga Yoga	1—2	L	Phillipa
18:45—20:00	Dynamic Flow	2	G	Charlie Morgan
19:30—21:00	Yoga with Meditation	1—2	L	Mark
20:15—21:30	Yin Yoga	All	G	Amanda

Wednesday

Time	Class	Level	Studio	Teacher
6:30—9:30	Ashtanga Yoga Mysore Style Practice	All	L	Olivia
7:15—8:15	Yoga	1—2	G	Erika
9:30—10:45	Slow Flow	2	G	Zephyr
09:45—11:00	Yoga Level 1	All	L	Lucy
11:15—12:30	Pregnancy Yoga	All	L	Lucy
11:15—12:30	Slow Flow	2	G	Tanja
12:45—14:00	Dynamic Flow	1—2	L	Sophie
14:30—15:45	Pilates	All	G	Sana
16:00—17:15	Gentle Yoga & Yoga Nidra	1	G	Anna
17:30—18:30	Yoga	1	G	Phillipa
17:45—19:00	Slow Flow	1—2	L	Lizzie
18:45—20:00	Ashtanga Yoga	1—2	G	Phillipa
19:15—20:30	Meditation/Pranayama Course	All	L	Laurent
20:15—21:30	Yoga	1—2	G	Mark

Thursday

Time	Class	Level	Studio	Teacher
6:30—9:30	Ashtanga Yoga Mysore Style Practice	All	L	Olivia
7:15—8:15	Slow Flow	All	G	Ayanna
8:30—9:45	Pilates	1—2	G	Sarah
9:45—11:00	Dynamic Flow	2	L	Tanja
10:00—11:15	Baby Massage	All	G	Alice
11:15—12:30	Restorative Yoga	All	L	Rebekah
11:30—12:45	Slow Flow	1—2	G	Alida

Time	Class	Level	Studio	Teacher
12:45—14:00	Dynamic Flow	2	L	Tia
13:00—14:15	Feldenkrais for Yoga	1—2	G	Daniel
14:30—15:45	Iyengar Yoga	1—2	G	Dina
16:00—17:15	Yin Yoga	All	G	Norman
17:30—18:30	Dynamic Flow	1—2	G	Amy
18:00—19:15	Pregnancy Pilates	All	L	Natalia
18:45—20:00	Yoga	All	G	Emily
19:30—21:00	Courses Pre—Booking Required	All	L	Various

Friday

Time	Class	Level	Studio	Teacher
6:30—9:30	Ashtanga Yoga Mysore Style Practice*	All	L	Olivia
8:00—9:15	Dynamic Flow	1—2	G	Sophie
9:30—11:00	Yoga	1—2	G	Erika
9:45—11:00	Scaravelli Inspired Yoga	All	L	Catherine
11:15—12:45	Mums and Babies Yoga	All	G	Erika
11:15—12:30	Yoga	1—2	L	Elisa
13:00—14:15	Pilates	1—2	G	Lily
14:30—15:45	Slow Flow with Meditation	1—2	G	Graham
16:00—17:30	Slow Flow with Meditation	2—3	G	Zephyr
16:15—17:30	Gentle Yoga with Yoga Nidra	All	L	Graham
17:45—19:00	Slow Flow	1—2	G	Zephyr
17:45—19:00	Pregnancy Yoga	All	L	Deanne
19:30—20:45	Candlelit Slow Flow	1—2	G	Zhozeh

Saturday

Time	Class	Level	Studio	Teacher
9:00—10:15	Dynamic Flow	2	G	Tia
9:30—10:45	Slow Flow	2	L	Margherita
10:30—11:45	Pregnancy Yoga	All	G	Deanne
11:00—12:15	Slow Flow	1	L	Margherita
12:00—13:15	Yoga	1—2	G	Leone
13:30—15:00	Ashtanga Yoga	1—2	G	Phillipa
14:00—15:30	Slow Flow with Meditation	2	L	Graham
15:30—17:00	Yin Yoga	All	G	Amanda
17:15—18:45	Yoga with Meditation	1—2	G	Mark
17:30—18:30	Yoga for Teens	All	L	Flavia

Sunday

Time	Class	Level	Studio	Teacher
8:45—10:15	Ashtanga Led Primary Series	All	L	Phillipa
9:00—10:30	Yoga with Meditation	1—2	G	Mark
10:30—11:45	Pregnancy Yoga	All	L	Miranda
10:45—12:15	Dynamic Flow	All	G	Dirish
12:15—13:30	Slow Flow	2	L	Zhozeh
12:30—13:45	Yoga	1—2	G	Margherita
14:00—16:00	Workshop/Course	All	G	Various
16:15—17:45	Yoga	1—2	G	Louise
17:00—18:30	Ashtanga Yoga	2	L	Phillipa
18:00—19:30	Restorative Yoga	All	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