

	Monday	Tuesday	Wednesday	Thursday	Friday
09:30 - 11:00	Online One to One yoga - by appointment	Online One to One yoga - by appointment		Online One to One yoga - by appointment	
12:00 - 13:30	Online One to One yoga - by appointment	Online One to One yoga - by appointment	Yoga for Rejuvenation, Flavel, Dartmouth (POSTPONED)	Online One to One yoga - by appointment	
14:00 - 15:30					
16:00 - 17:30	Online One to One yoga - by appointment	Online One to One yoga - by appointment			
<p>PLEASE NOTE: During the Covid-19 pandemic I am only teaching one to one classes online. The in-person, group classes will commence according to official guidelines. Please look out for my free online classes coming soon on this website. Thank you for your patience and understanding - I look forward to seeing you soon.</p> <p style="text-align: center;">Be well, namaste x</p>					