

Yoga Stable Timetable *Autumn Term*

9th September - 20th December 2019
(14 weeks)



3A Montgomery Street Lane, Edinburgh EH7 5JT
07818 553788 ~ info@yogastable.com ~ www.yogastable.com

SPECIAL OFFER: Book 2 or 3 classes during a term and receive 20% off the lowest priced ones.

🧘 Iyengar Yoga, Pre-Natal Yoga and TLC for Mother and Baby

IMPORTANT: No classes from 12th - 20th October.

Day	Class	Time	Teacher	Cost	Drop In	Level
Monday	Iyengar Yoga	17.30 - 19.00	Claudia Cotronei	£142/126	£12/11	General
	Iyengar Yoga	19:15 - 20:30	Silke Schneider	£142/126	£12/11	Beginners
Tuesday	Iyengar Yoga	10.00 - 11.45	Cynthia Colt	£154/142	£13/12	General
	Iyengar Yoga	17.45 - 19.30	Annamaria Sacco	£154/142	£13/12	Intermediate
Wednesday	Back Care	10.00 - 11.30	Annamaria Sacco	£142/126	£12/11	
	Iyengar Yoga	19.00 - 20:30	Kate Murdoch	£142/126	£12/11	General/ Beginners
Thursday	Iyengar Yoga	19:00 - 20.30	Annamaria Sacco	£142/126	£12/11	General
Friday	Iyengar Yoga	09.30 - 11.00	Annamaria Sacco	£142/126	£12/11	General/ Beginners

One to one yoga sessions available by appointment: £45. Concessions available.

You can join classes at any point in the term.

Please see the website for full information on class levels and our Terms and Conditions.

<p>Pre Natal Yoga</p> <p>Dates (Thursdays): 24th Oct - 12th Dec Time: 17:45-18:45 Cost: £80 for block £12 to drop in.</p>	<p>Women Workshops</p> <p>Dates (Saturdays): 26th Oct and 23rd Nov Time: 10:00-12:30 Cost: £17 per class</p>	<p>Baby Massage</p> <p>Dates (Thursdays): 7th Nov - 5th Dec Time: 10:30-11:30 Cost: £40 for block</p>
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Craniosacral Clinic 2019

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Craniosacral Therapy Clinic with Annamaria Sacco RCST



Craniosacral therapy is a gentle therapy where the practitioner uses what often is described as 'butterfly touch'. The Practitioner is trained to listen to your body system to a very fine level for different rhythms and patterns, and is there to support the client in allowing such patterns to manifest, express and resolve.

Appointments are available at the concessionary rate of £30
on the following Fridays:

13th September
8th November
13th December

Annamaria's times at the clinic are:
Fridays: 1:00 - 4:30
Saturdays: 2:30 - 5:30 (26th Oct and 23rd November)

Thursdays may be available by appointment.

Cost: £45 per session
£35 per session when you book six sessions
Babies and children: £35

Contact Annamaria for further information and bookings for Craniosacral Therapy:
07818 553788 ~ annamaria@bodysymphonies.co.uk