



# Body Symphonies

*Yoga, Movement, Craniosacral Therapy, Pre and Postnatal Care*

## Yoga Stable Timetable *Spring Term*

6th January - 5th April 2020

(13 weeks)

Day	Class	Time	Teacher	Cost	Drop In	Level
<b>Monday</b>	Iyengar Yoga	17.30 - 19.00	Claudia Cotronei	£135/122	£12/11	General
	Iyengar Yoga	19:15 - 20:30	Silke Schneider	£135/122	£12/11	Beginners
<b>Tuesday</b>	Iyengar Yoga	10.00 - 11.45	Cynthia Colt	£154/135	£13/12	General
	Iyengar Yoga	17.45 - 19.30	Annamaria Sacco	£154/135	£13/12	Intermediate
<b>Wednesday</b>	Iyengar Yoga	19.00 - 20:30	Kate Murdoch	£135/122	£12/11	General/ Beginners
<b>Friday</b>	Iyengar Yoga	09.30 - 11.00	Annamaria Sacco	£135/122	£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.*

### Women Workshops

**Dates** (Saturdays):

1st February

**Time:** 10:00-12:15

**Cost:** £20 per class

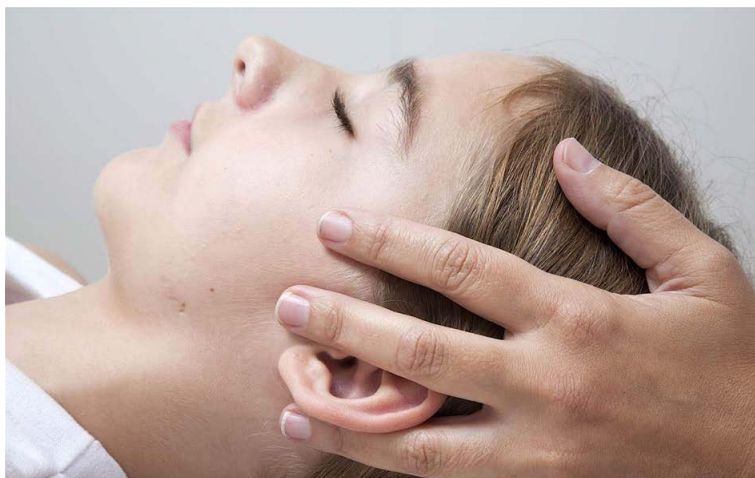
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## *2020 Craniosacral Therapy Clinic with Annamaria Sacco RCST*



*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:

24th **January**, 27th **March**

Annamaria's times at the clinic are: 1:00 - 4:30pm on the following dates:

9th, 10th, 23rd, 25th **January**

20th, 27th **February**

12th, 13th, 26th, 28th **March**

**Cost:** £45 per session

£35 per session when you book six sessions

Babies and children: £35

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