

JASMINE YOGA FESTIVE PROGRAMME

DEC

SAT, 4TH
3PM - 5PM

Event : Peace Perfect Peace with Jo & Steph, £35

DEC

SUN, 19TH
6PM - 8PM

Event : The Festive Place with Steph £22

DEC

CHRISTMAS
EVE

7am Sunrise Flow with Jo & 9.30am Morning Flow with Jo

DEC

MON, 27TH
10AM -
11.30AM

Event : Festive Flow with Jo £16 including festive refreshments

DEC

TUES, 28TH
10:30AM -
11:15AM

Children's Christmas Special Yoga with Steph £6.50 including festive refreshments

DEC

TUES, 28TH
1PM - 3.30PM

Event : Christmas Mala with Jo £30 including festive refreshments

DEC

WED, 29TH
1:30PM -
2:15PM

Children's Christmas Special Yoga with Steph £6.50 including festive refreshments

JASMINE YOGA FESTIVE PROGRAMME

DEC

WED, 29TH
3PM - 5PM

Event : Restorative Chill Out with Steph
£22 including festive refreshments

DEC

THRS, 30TH
4:30PM - 6PM

Teen Special Extended Yoga Event with
Steph £10 including festive refreshments

DEC

THRS, 30TH
EVENING

Normal Classes : Flow & Restore with
Steph 6:30pm and Hatha Power with Holly
8pm.

DEC

FRI, 31ST
10AM -
12PM

Moving Meditation & Yin with Jo £22
including festive refreshments

DEC

FRI, 31ST
1:30PM -
2:15PM

Children's Christmas Special Yoga with
Steph £6.50 including festive refreshments

JAN

SAT, 1ST
3PM - 5PM

Dancing Warrior Celebration with Jo £22
including festive refreshments

JAN

SUN, 2ND

Normal Classes : Morning Flow with Jo
10am and Gentle Flow with Steph at 6pm