

JASMINE YOGA FESTIVE PROGRAMME

NOV

SAT, 20TH
12:30PM -
6PM

Jasmine Yoga Christmas Market
Charity Donation

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
1PM - 3.30PM

Event : Christmas Mala with Jo £30
including festive refreshments

DEC

WED, 29TH
3PM - 5PM

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

JASMINE YOGA FESTIVE PROGRAMME

DEC

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

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

DEC

THRS, 30TH

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

JAN

SAT, 1ST
3PM - 5PM

Dancing Warrior Celebration with Jo £22 including festive refreshments

JAN

SAT, 2ND

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

JAN

SUN, 9TH
2PM - 3:15PM

Course : Foundations of Flow with Jo £45 (4 weeks)