

# Yoga With Kasia

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Day	Date	Time	Style	Venue
Monday	19-Feb	9:15 to 10:15am	Gentle Flow Yoga	Zoom only
Monday	19-Feb	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	20-Feb	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	22-Feb	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	22-Feb	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	23-Feb	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	23-Feb	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	26-Feb	9:15 to 10:15am	Gentle Flow Yoga	Zoom only
Monday	26-Feb	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	27-Feb	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	29-Feb	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	29-Feb	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	01-Mar	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	01-Mar	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	04-Mar	9:15 to 10:15am	Gentle Flow Yoga	Zoom only
Monday	04-Mar	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	05-Mar	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	07-Mar	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	07-Mar	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	08-Mar	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	08-Mar	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	11-Mar	9:15 to 10:15am	Gentle Flow Yoga	Zoom only
Monday	11-Mar	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	12-Mar	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	14-Mar	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	14-Mar	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	15-Mar	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	15-Mar	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	18-Mar	9:15 to 10:15am	Gentle Flow Yoga	Zoom only
Monday	18-Mar	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	19-Mar	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	21-Mar	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	21-Mar	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	22-Mar	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	22-Mar	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place