

# **Yoga With Kasia**

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Day	Date	Time	Style	Venue
Monday	26-Jan	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	27-Jan	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	29-Jan	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	29-Jan	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	30-Jan	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	30-Jan	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	02-Feb	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	03-Feb	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	05-Feb	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	05-Feb	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	06-Feb	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	06-Feb	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	09-Feb	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	10-Feb	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	12-Feb	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	12-Feb	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	13-Feb	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	13-Feb	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place