



## **SCHEDULE OF GENERAL CLASSES – Spring Term 2024**

### **DATES & VENUE:**

Starting **Mon 8/Tues 9 January** there will be continuing yoga classes.

All classes are: **In-person at 44 Tyrrell Road London SE22 9NE** and also on **Zoom**

The session will be for **10 weeks** continuing until **Mon 25 /Tues 26 March**

**There will be no classes: 12/13 Feb & 19/20/ Feb (2-week mid-term break)**

### **CLASSES:**

<b>Monday</b>	<b>Tuesday</b>
10.00 to 11.00am	11.00am – 12.15pm
6.45 – 8.00pm	6.45 – 8.00pm
8.15 – 9.30pm	8.15 - 9.30pm

### **FEES& ENROLMENT:**

The fee for the 10 week session is **£130**. Please pay online (or cheque payable to Janet Evans.) Payment is due by the start of the term. Concessions and payment plans are available.

**Bank Account details:** sort: **110484** account: **00115772** name: **JE Evans**.

### **TEACHING STYLE:**

The classes are taught in the Viniyoga style, based on the teachings of T. Krishnamacharya and TKV Desikachar. For the 10 week session practice will be further developed, exploring asana (posture) and pranayama (breathing practice). Meditation and sound will be included. Workshops and retreats are also offered to complement the classes.

### **TEACHER:**

**Janet Evans** is a very experienced and fully qualified and registered teacher. She has been practicing yoga since 1986 and completed her teacher training with Paul Harvey in 1998 and postgraduate certificate in 2010. She is qualified through the British Wheel of Yoga to teach children and antenatal yoga and has a BWY diploma in Ayurveda. She has been teaching groups and 1:1 in South East London since 1996. She continues to study and work regularly with her own teachers.