



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

### **DATES & VENUE:**

Starting **Mon 15th /Tues 16<sup>th</sup> April** 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 **12 weeks** continuing until **Mon 22nd/Tues 23rd July**

### **PLEASE NOTE:**

There **WILL BE ZOOM ONLY** classes on Bank Hol **Mon 6<sup>th</sup> May**

**NO CLASSES** on **27/28 May** (half-term) or **1/2 July** (Tuscany) and **8/9 July** (chanting course).

### **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 11-week session is **£160**. Please pay online or Paypal (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 12-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 program 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.