

OCTOBER 2026 – APRIL 2027

Events & workshops

Yoga · rest · sound · seasonal gatherings

October - December 2026			
DAY & DATE	ACTIVITY	TIME	PRICE
Fri 23 Oct 2026	Healing Sound Bath & Deep Rest	6:30–7:30pm	£15
Fri 06 Nov 2026	Healing Sound Bath & Deep Rest	6:30–7:30pm	£15
Sat 14 Nov 2026	Rest, Release, Restore & Reiki	2:15–4:45pm	£37
Sun 29 Nov 2026	Sunday Sadhana & Sangha	Sadhana 2:45pm Sangha 5–6pm	£22 / free
Sat 05 Dec 2026	Winter Wreath Making	10:15am–12:45pm 2:30–5pm	£39 EB / £45
Sun 06 Dec 2026	Winter Wreath Making	10:15am–12:45pm 2:30–5pm	£39 EB / £45
Mon 07 Dec 2026	Christmas Tabletop Decorations	2–4pm	£25 EB / £33
Tue 08 Dec 2026	Christmas Tabletop Decorations	10:30am–12:30pm	£25 EB / £33
Fri 11 Dec 2026	Healing Sound Bath & Deep Rest	6:30–7:30pm	£15
Mon 21 Dec 2026	Yule · Winter Solstice	5:30–8:30pm	£37
Mon 28 Dec 2026	The Great Twixmas Time-Out	10am–4pm	£67
January - April 2027			
DAY & DATE	ACTIVITY	TIME	PRICE
Sun 03 Jan 2027	The Great January Reset	10am–4pm	£67
Fri 22 Jan 2027	Healing Sound Bath & Deep Rest	6:30–7:30pm	£15
Sun 07 Feb 2027	Slow Flow Sunday · Sadhana & Sangha	Sadhana 2:45pm Sangha 5–6pm	£22 / free
Fri 26 Feb 2027	Healing Sound Bath & Deep Rest	6:30–7:30pm	£15
Sat 06 Mar 2027	Rest, Release, Restore & Reiki	2:15–4:45pm	£37
Fri 19 Mar 2027	Healing Sound Bath & Deep Rest	6:30–7:30pm	£15
Mon 12 Apr 2027	Healing Sound Bath & Deep Rest	6:30–7:30pm	£15
Sun 18 Apr 2027	Slow Flow Sunday · Sadhana & Sangha	Sadhana 2:45pm Sangha 5–6pm	£22 / free

Wreath making: £39 early bird until 31 Oct 2026; £45 from 1 Nov.

EB = early bird. Bring your own lunch to the day-long Reset and Twixmas workshops.

All dates, times and prices are subject to change. Please check the website for latest details.

MAY - DECEMBER 2027

Events & workshops

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May - August 2027

DAY & DATE	ACTIVITY	TIME	PRICE
Sat 01 May 2027	Beltane · Wheel of the Year	2:30–8:30pm	£67 EB
Fri 14 May 2027	Healing Sound Bath & Deep Rest	6:30–7:30pm	£15
Sun 23 May 2027	Slow Flow Sunday · Sadhana & Sangha	Sadhana 2:45pm Sangha 5–6pm	£22 / free
Mon 07 Jun 2027	Healing Sound Bath & Deep Rest	6:30–7:30pm	£15
Sat 19 Jun 2027	Summer Solstice & Full Moon	2:30–8:30pm	£67 EB
Sat 03 Jul 2027	Rest, Release, Restore & Reiki	2:15–4:45pm	£37
Sun 18 Jul 2027	Slow Flow Sunday · Sadhana & Sangha	Sadhana 2:45pm Sangha 5–6pm	£22 / free

September - December 2027

DAY & DATE	ACTIVITY	TIME	PRICE
Sat 04 Sep 2027	Day-Long Reset	10am–4pm	£67
Fri 17 Sep 2027	Healing Sound Bath & Deep Rest	6:30–7:30pm	£15
Sat 25 Sep 2027	Rest, Release, Restore & Reiki	2:15–4:45pm	£37
Sun 10 Oct 2027	Slow Flow Sunday · Sadhana & Sangha	Sadhana 2:45pm Sangha 5–6pm	£22 / free
Fri 22 Oct 2027	Healing Sound Bath & Deep Rest	6:30–7:30pm	£15
Sun 31 Oct 2027	Samhain · Wheel of the Year	2:30–8:30pm	£67 EB
Fri 12 Nov 2027	Healing Sound Bath & Deep Rest	6:30–7:30pm	£15
Sun 28 Nov 2027	Slow Flow Sunday · Sadhana & Sangha	Sadhana 2:45pm Sangha 5–6pm	£22 / free
Sat 04 Dec 2027	Winter Wreath Making	Details to follow	—
Sun 05 Dec 2027	Winter Wreath Making	Details to follow	—
Fri 10 Dec 2027	Healing Sound Bath & Deep Rest	6:30–7:30pm	£15
Tue 21 Dec 2027	Yule · Winter Solstice	5:30–8:30pm	£37 EB
Tue 28 Dec 2027	The Great Twixmas Time-Out	10am–4pm	£67

EB = early bird. Bring your own lunch to the day-long Reset and Twixmas workshops.

All dates, times and prices are subject to change. Please check the website for latest details.

TUESDAY, THURSDAY & FRIDAY CLASSES • OCTOBER 2026 – NOVEMBER 2027

Yoga class term dates

Yoga • rest • sound • seasonal gatherings

Each block runs for six teaching weeks. Tuesday, Thursday and Friday dates are shown.

Winter 1 • 2026		
WEEK 1 Tue 13 Oct • Thu 15 Oct • Fri 16 Oct	WEEK 2 Tue 20 Oct • Thu 22 Oct • Fri 23 Oct	WEEK 3 Tue 3 Nov • Thu 5 Nov • Fri 6 Nov
WEEK 4 Tue 10 Nov • Thu 12 Nov • Fri 13 Nov	WEEK 5 Tue 17 Nov • Thu 19 Nov • Fri 20 Nov	WEEK 6 Tue 24 Nov • Thu 26 Nov • Fri 27 Nov
Winter 2 • 2027		
WEEK 1 Tue 5 Jan • Thu 7 Jan • Fri 8 Jan	WEEK 2 Tue 12 Jan • Thu 14 Jan • Fri 15 Jan	WEEK 3 Tue 19 Jan • Thu 21 Jan • Fri 22 Jan
WEEK 4 Tue 26 Jan • Thu 28 Jan • Fri 29 Jan	WEEK 5 Tue 2 Feb • Thu 4 Feb • Fri 5 Feb	WEEK 6 Tue 9 Feb • Thu 11 Feb • Fri 12 Feb
Spring 1 • 2027		
WEEK 1 Tue 23 Feb • Thu 25 Feb • Fri 26 Feb	WEEK 2 Tue 2 Mar • Thu 4 Mar • Fri 5 Mar	WEEK 3 Tue 9 Mar • Thu 11 Mar • Fri 12 Mar
WEEK 4 Tue 16 Mar • Thu 18 Mar • Fri 19 Mar	WEEK 5 Tue 23 Mar • Thu 25 Mar • Fri 26 Mar	WEEK 6 Tue 13 Apr • Thu 15 Apr • Fri 16 Apr
Spring 2 • 2027		
WEEK 1 Tue 20 Apr • Thu 22 Apr • Fri 23 Apr	WEEK 2 Tue 27 Apr • Thu 29 Apr • Fri 30 Apr	WEEK 3 Tue 4 May • Thu 6 May • Fri 7 May
WEEK 4 Tue 11 May • Thu 13 May • Fri 14 May	WEEK 5 Tue 18 May • Thu 20 May • Fri 21 May	WEEK 6 Tue 25 May • Thu 27 May • Fri 28 May
Summer • 2027		
WEEK 1 Tue 8 Jun • Thu 10 Jun • Fri 11 Jun	WEEK 2 Tue 15 Jun • Thu 17 Jun • Fri 18 Jun	WEEK 3 Tue 22 Jun • Thu 24 Jun • Fri 25 Jun
WEEK 4 Tue 29 Jun • Thu 1 Jul • Fri 2 Jul	WEEK 5 Tue 6 Jul • Thu 8 Jul • Fri 9 Jul	WEEK 6 Tue 13 Jul • Thu 15 Jul • Fri 16 Jul
Autumn • 2027		
WEEK 1 Tue 31 Aug • Thu 2 Sep • Fri 3 Sep	WEEK 2 Tue 7 Sep • Thu 9 Sep • Fri 10 Sep	WEEK 3 Tue 14 Sep • Thu 16 Sep • Fri 17 Sep
WEEK 4 Tue 21 Sep • Thu 23 Sep • Fri 24 Sep	WEEK 5 Tue 28 Sep • Thu 30 Sep • Fri 1 Oct	WEEK 6 Tue 5 Oct • Thu 7 Oct • Fri 8 Oct
Winter 1 • 2027		
WEEK 1 Tue 12 Oct • Thu 14 Oct • Fri 15 Oct	WEEK 2 Tue 19 Oct • Thu 21 Oct • Fri 22 Oct	WEEK 3 Tue 2 Nov • Thu 4 Nov • Fri 5 Nov
WEEK 4 Tue 9 Nov • Thu 11 Nov • Fri 12 Nov	WEEK 5 Tue 16 Nov • Thu 18 Nov • Fri 19 Nov	WEEK 6 Tue 23 Nov • Thu 25 Nov • Fri 26 Nov