

August 2010

Om Shanti dear Yogis, dear Yoginis,

All classes re-start week commencing 13 September 2010

I hope you have all enjoyed a blissful summer, spending quality time with family and friends, relaxing, re-charging and making the most of the long and warmer days.

With the children returning to school, it is a good time to establish new intentions, to take care of your body, to soothe and nurture the mind and to invest in the Self. - *"A healthy body is the guest-chamber of the soul".(F. Bacon)*

In September, as we transition into autumn, it therefore seems appropriate to recommit and reboot to a regular Yoga practice! In the words of one of my teachers *"not once have I regretted practicing, but how often I have regretted NOT practicing!"* ☺

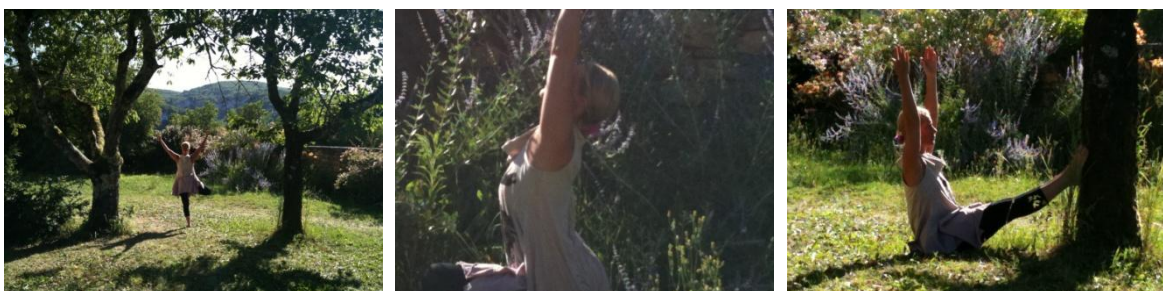
Solet's get back into the Flow on our mats!

Please register early, by email, text or phone to avoid disappointment, as some classes are quite full and spaces may be limited. Your place is reserved, once I have received your payment and registration form.

I look forward to seeing you soon,

Namaste,

Pascale



Yoga class timetable

Monday 10.00 am - 11.30 am

Near Cheltenham Railway Station

Small group, limited spaces

13 Sept - 18 Oct 2010 (incl.), 6 weeks

Enquiries pascale@yoga-cheltenham.co.uk; 07500 333909

Monday 6.30 pm - 7.45 pm

Breathe Studios, Sherborne Place, Cheltenham - www.breathestudios.co.uk

13 Sept - 18 Oct 2010 (incl.), 6 weeks

NEW PRICES!!!! '6 in SIX' class pass, £45 (£7.50 per class)

See Breathe Studio website for information and purchase of class pass

Tuesday 6.00 pm - 7.15 pm

Nelston Thornes, central Cheltenham, in-house for NT employees only

14 Sept - 19 Oct 2010 (incl.), 6 weeks

pascale@yoga-cheltenham.co.uk; BSwanwick@nelsonthornes.com

Wednesday 9.30 am - 10.45 am

Near Cheltenham Railway Station

Small group, limited spaces

15 Sept - 20 Oct 2010 (incl.), 6 weeks

Enquiries pascale@yoga-cheltenham.co.uk

Wednesday 12.15 pm - 1.15 pm

Bayshill Unitarian Church Hall, Royal Well Lane, Cheltenham town centre

15 Sept - 20 Oct 2010 (incl.), 6 weeks

Payable in advance, £27. (Kraft & Vertex employees receive a discounted company rate.)

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