

RESTORATION YARD'S WELLBEING LAB TIMETABLE



WEEKLY CLASSES

		Class Type / Course	Cost <i>In Advance</i> Drop In / Blocks	Teacher	More Info, Contact & Book
MONDAY					
7:15am	60 mins	Sunrise Yoga <i>Class finishes 17 Dec and resumes 7 Jan 2019</i>	£10	£48 for 6	Alis Atagan jen@restorationyard.com
7:00pm	60 mins	Energising Flow Yoga <i>Class resumes 7 Jan 2019</i>	£10	£45 for 5 £80 for 10	Katy Wakefield hello@katywakefield.co.uk
8:10pm	60 mins	Physio Led Pilates (Improvers) <i>Class finishes 17 Dec and resumes 14 Jan 2019</i>	£10	£51 for 6	Michelle Bowen michelle@esbankphysiotherapy.com
TUESDAY					
10:00am	90 mins	Restorative Yoga <i>Class resumes 8 Jan 2019</i>	£12	5 weeks	Aileen Orr info@aileenorr yoga.co.uk
4:30pm	90 mins	The Hive of Wellbeing <i>These events are for teachers. Please see thehiveofwellbeing.co.uk for further information.</i>	N/A	£10 (£35 for 4)	Claire Lavelle thehiveofwellbeing@gmail.com
7:00pm	60 mins	Heart Space Love - Meditations & Affirmations <i>Class resumes 8 Jan 2019</i>	£5	£5	Lynette Gray angelpixellovecoffee@gmail.com
WEDNESDAY					
9:30am	60 mins	Physio Led Pilates (Beginners/Improvers) <i>Class resumes 9 Jan 2019</i>	£10	£51 for 6	Michelle Bowen michelle@esbankphysiotherapy.com
1:30pm	50 mins	The Sensory Sessions (0-6 mths)	£7	£7	Rebekka Dennigan www.thesensorysessions.com
2:40pm	50 mins	The Sensory Sessions (6+ mths) <i>Class resumes TBC. Special offer - first class free as a trial.</i>	£7	£7	Rebekka Dennigan www.thesensorysessions.com
5:50pm	60 mins	Physio Led Pilates (Beginners) <i>Class resumes 9 Jan 2019</i>	£10	£51 for 6	Michelle Bowen michelle@esbankphysiotherapy.com
7:00pm	60 mins	Hatha Yoga <i>Class resumes 9 Jan 2019</i>	£10	£30 for 4	Kirsty Grieve yogibynight@outlook.com
8:10pm	60 mins	Physio Led Pilates (Improvers) <i>Class resumes 9 Jan 2019</i>	£10	£51 for 6	Michelle Bowen michelle@esbankphysiotherapy.com
THURSDAY					
9:20am	60 mins	Sing & Sign - Stage 2	N/A	£75 for 10	Zsuzsa Remai zsuzsa@singandsign.co.uk
10:30am	60 mins	Sing & Sign - Stage 1	N/A	£75 for 11	Zsuzsa Remai zsuzsa@singandsign.co.uk
11:45am	60 mins	Sing & Sign - Babes <i>Class resumes TBC</i>	N/A	£54 for 8	Zsuzsa Remai zsuzsa@singandsign.co.uk
FRIDAY					
1:15pm	45 mins	Judo for Children	£10 for 4*	Mark Taylor	info@randorijudo.com
2:15pm	45 mins	Judo for Children <i>Class resumes 11 Jan. 4 week introductory course for £10 (usually £15). Then £20 per month Direct Debit. Additional siblings £15 p/m.</i>	£10 for 4*	Mark Taylor	info@randorijudo.com

Restoration Yard's social media channels on Facebook www.facebook.com/DalkeithCountryPark,

Twitter @RestorationDCP and Instagram @restorationyarddcp.

For other Wellbeing Lab enquiries please contact Jen Wood, Wellbeing Lab Manager at jen@restorationyard.com.

WEEKEND CLASSES AND WORKSHOPS

Cost

Teacher/Artist

More Info, Contact & Book