

## Timetable and Prices

Yoga in Surbiton Very small groups of maximum 6 to 7 people

Suitable for All Levels

- Proper breathing: to steady the mind
- Postures: to keep the body young fit and healthy
- Relaxation: to create more energy and reduce stress

Regular Dynamic Yoga

Classes Mornings Evenings Monday Tuesday 7.00 - 8.15 Wednesday 7.00 - 8.15 and 8.30 - 9.45 Thursday 7.00 - 8.15 and 8.30 - 9.45 Saturday 11.30 - 12.45 Sunday £45 for 5 week course once a week. (Book and Pay in advance.)

Individuals can reschedule their lessons as long as they give at least 24 hours notice. Lunchtime Yoga for a group of 5 or 6, I can arrange the time of the class to suit you.

We also run one-to-one classes and can arrange classes at your premises.

Please get in touch for details. For further information, Anjali's full contact details are available by clicking [here](#) or using the link in the Main Menu on the left.