



www.ashtangayogaleeds.com

## Schedule

**Ashtanga Yoga Leeds classes are run at three locations:**

Leeds: The Yoga Lab, 3 Lower Briggate, Leeds, LS1 4AF, <http://www.yoga-lab.co.uk>

Hebden Bridge: Calderdale Yoga Centre, 38 Hangingroyd Ln, Hebden Bridge, West Yorkshire HX7 8JY

Todmorden: Please contact us for this address.

Monday	Tuesday	Wednesday
6-9.30am, Mysore Self Practice, Leeds	6-9.30am, Mysore Self Practice, Leeds	6-9.30am, Mysore Self Practice, Leeds
	2-3.15pm, Post-natal Yoga, Todmorden	6.15-7.45pm, Intermediate Ashtanga, Leeds
	6.45-8.30pm, Mysore self Practice,	6.15-7.45pm, Intermediate Ashtanga, Leeds
	8.15-9.45pm, Beginners/intermediate Ashtanga at Union House, Todmorden	

Thursday	Friday	Saturday
6-9.30am, Mysore Self Practice, Leeds	6-9.30am, Mysore Self Practice, Leeds	No regular classes
7-8.30pm, Calderdale Yoga Centre, Hebden Bridge		

## Prices

Leeds Mysore Self Practice	Todmorden
£100 per month – 5 days per week £70 per month – 3 days per week £60 per month – 2 days per week £10 drop-in £6 concessions drop-in	£7 drop-in £30 block of 6

## Contact

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