

Class	Teacher	Level	Day	Time	Dates	Fee	Booking
Pilates	Rebecca Palmer	General – beginners welcome	Fridays	10:00 – 11:00	11 Nov – 16 Dec	£8.50 if booking block or £10 drop in	rebeccapalmerpilates@gmail.com
Restorative Yoga	Aileen Orr	General – beginners welcome	Tuesdays	10:00 – 11:30	22 Nov – 13 Dec	£11	info@aileenorryoga.co.uk

WELLBEING LAB AT RESTORATION YARD

WEEKLY CLASSES

INTRODUCTORY WORKSHOPS

Class	Teachers	Level	Date	Time	Fee	Booking
Introduction to Kundalini Yoga	Gillian Galbraith	General – beginners welcome	Saturday 26 November	10:30 – 12:00	£10 in advance or £12 drop in	gillian@creativemoves.plus.com
Introduction to Restorative Yoga	Aileen Orr	General – beginners welcome	Sunday 27 November	10:30 – 12:00	£11	info@aileenorryoga.co.uk
Introduction to Pilates	Rebecca Palmer	General – beginners welcome	Saturday 3 December	10:30 – 12:00	£10 in advance or £12 drop in	rebeccapalmerpilates@gmail.com
Getting Started with Mindfulness – Discover the benefits of bringing mindfulness into your life	Gillian Duncan & Ashley Watson	General – beginners welcome	Sunday 4 December	10:00 – 16:00	£80 in advance	hello@themomentisnow.co.uk

There will be more classes and workshops added to the Wellbeing Lab programme soon.