

SHANTI BEE

Summer 2023 June - August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Uplifting Morning Flow with Fay 09.30 - 10.30 G B		Energy Yoga with Rosie M 09.30 - 10.45 E	Morning Wake Up Flow with Amy 07.30 - 08.30 E	Hatha Chakra Yoga & Relax with Laura 09.30 - 11.00 G B	Vinyasa Flow with Poppy 09.45 - 10.45 E	
Parent & Baby Yoga with Kitty 11.00 - 12.30 G B			Qi Gong & Taoist Meditation with Lisa 11.00 - 12.00 S B			Conscious Flow with Fay 11.00 - 12.30 E B
FoSB Wellbeing Circle with Rosie M 13.30 - 14.30 S B	Beginner Friendly Gentle Hatha Yoga with Lisa 12:00 - 13.00 S B	Therapeutic Chair-Based Yoga with Laura 13.00 - 14.00 S B				
Dynamic Vinyasa with Terri 16.30 - 17.30 E	Vinyasa Flow with Stacey 17.45 - 18.45 E	Ashtanga Yoga with Jo 17.45 - 18.45 E	Beginners Dynamic Yoga with Rosie 17.45 - 18.45 E B	Mandala Vinyasa with Rosie E 17.30 - 18.30 E		Women's Well Being Yoga with Lauren 18.30 - 19.30 G B
Gentle Flow with Lauren 17.45 - 18.45 G	Qi Gong & Meditation (Monthly see Info Below) 19.00 - 20.00 S B	Yin with Rosie E 19:00 - 20:00 S B	Vinyasa Flow with Amie 19.00 - 20.00 E			
Hatha Vinyasa with Jodie 19:00 - 20:00 E						

Classes fit into these categories: *Please consider that people have different views of what 'energetic or gentle' is, but this is our guide for our sessions. Some classes do vary week to week.
Beginner Friendly = B Energetic/Strong/Yang = E Gentle Flow/Slower Paced/Balance = G Slow Restorative / more stillness/Yin = S

Information

- ~ Please use our Class Category Guide above, or you can click on the class name via our website timetable to get more information about each class.
- ~ If possible please book classes online via our website in advance. It is possible to drop-in and pay in cash at the centre. This means if for some reason the class is not on we cannot get in touch to let you know. If you prefer to drop-in/cash please get to know your teacher/therapist first so they can let you know their holidays and habits.
- ~ Everything you need is at the centre, just bring an open mind and a smile.
- ~ Chair Yoga start date is June 28th.
- ~ FOSB well being circle is FREE can only be booked via the FoSB pages and starts in July.
- ~ Lisa's QiGong Meditation class runs the last Tuesday of every month: June 27, July 25, Aug 29.
- ~ As a guide our weekly classes are suitable for 16+, some classes younger children could attend if they are 12+ and have some experience at home - in this case you would need to talk with the teacher directly. Please let us know if you would like to be put in touch.
- ~ Our film night is on hold until further notice - stay tuned!

Therapies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Lisa 15:00 - 19:00	Lorna 10.00 - 19.00	Julie 10:00 - 19:00	Jane 10.00 - 19.00	Sally 13:00 - 19:00	<p>Lisa: Emotional Freedom Technique, Compassionate Listening.</p> <p>Lorna: Reflexology, Reiki, Indian Head Massage, Swedish Massage.</p> <p>Julie: Swedish Massage, Back, Neck & Shoulder Massage, Indian Head Massage, Reiki, Reflexology, Crystal Therapy, One to One Meditation Sessions.</p> <p>Jane: Acupuncture, Electroacupuncture, Acupressure, Gua Sha, Cupping, Moxa/Heat Therapy.</p> <p>Sally: Intuitive Healing with Light Language, Usui Reiki, Angelic Therapy.</p>



@shantibeeshanti
www.shantibee.co.uk



Shanti Bee - Holistic Wellbeing Centre & Yoga Studio, Algernon Road, South Heaton
 (sandwiched between Byker & Heaton, just off the top of Shields Road near CJ Performance Cycles)