

SHANTI BEE

Autumn 2023 September - November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Uplifting Morning Flow with Fay E B 09.30 - 10.30		Energising Flow with Jodie Meditation to close E 9.30 - 10.45	Morning Wake Up Flow with Amy E 07.30 - 08.30	Hatha Yoga Chakra & Relax with Laura G B 09.30 - 11.00	Yoga with Amie* E 09.45 - 10.45	
Parent & Baby Yoga with Kitty G B 11.00 - 12.30	Beginner Friendly Gentle Hatha Yoga with Lisa S B 12:00 - 13.00		Qi Gong & Taoist Meditation with Lisa S B 12.00 - 13.00			Conscious Flow with Fay G B 11.00 - 12.30
FoSB Wellbeing Circle with Rosie M S B 13:30 - 14.30		Therapeutic Chair-Based Yoga with Laura S B 13.00 - 14.00				
Yin Yoga with Lauren S 17.45 - 18:45	Vinyasa Flow with Stacey E 17.45 - 18.45	Ashtanga Yoga with Jo E 17.45 - 18.45	Sun Power Yoga with Sarah E B 17.45 - 18.45	Feel Good Flow with Sarah E G 17.30 - 18.30		Women's Well Being Yoga with Lauren G B 18.30 - 19.30
Mindful Movement & Meditation with Laura G S B 19.00 - 20.00	Qi Gong & Meditation Monthly* S B 19.00 - 20.00	Candlelit Yin with Rosie E S B 19.00 - 20.00	Evening energetic flow with Rosie* E 19.00 - 20.00			

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 categories, and also find further information of each class by clicking the class name on our website timetable list.
- *Saturday Morning Yoga is Amie until mid-late November while Poppy is on maternity leave
- *The Monday FoSB wellbeing circle is for FoSB members and can be booked from the members pages - this runs weekly, feel free to drop in. This is a free session.
- *Lisa's QiGong class runs on the last Tuesday of every month.
- * Our weekly classes are suitable for ages 16+ (unless otherwise specified). If your children are 12+ and have some experience in yoga some of the teachers are trained to teach them. You will need to talk to the teachers directly in this case please. Just drop us a message and we will link you up!
- *Laura's Monday Mindful Movement & Meditation class starts on 11th September.
- *Rosie is covering Amies class for Autumn

Therapies

Monday	Tuesday	Wednesday	Thursday	Friday	
Lisa 13:00 - 19:00	Natalia 10.00 - 19.00	Sally 10:00 - 16:00	Jane 10.00 - 19.00	Jennifer 10:00 - 18:00	Lisa: Emotional Freedom Technique, Compassionate Listening. Natalia: Reiki, Indian head massage, Neck, shoulders, back massage, Blissed out (Swedish, Lomi lomi, reiki), Pregnancy massage (>34weeks) Sally: Intuitive Healing with Light Language, Usui Reiki, Angel Therapy. Jane: Acupuncture Jennifer: Rejuvenating Reflexology, Hand or foot massage, Healing Holistic Facial Massage, Indian head massage, Holistic Body Massage



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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)