

# SHANTI BEE

Winter 2023/24, December - February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nourish & Charge Morning Flow with Kitty 09.30 - 10.30 B E		Energy Breathwork & Flow for all with Rosie M 9.30 - 10.45 B E	Morning Wake Up Flow with Amy 07.30 - 08.30 E		Vinyasa Flow with Amie/Poppy* 09.45 - 10.45 G	*Pre-Natal Yoga with Fi 9.30 - 10.30 B G
Parent & Baby Yoga with Kitty 11.00 - 12.30 B G	Beginner Friendly Gentle Hatha Yoga with Lisa* 12:00 - 13.00 B G		*FoSB Soothing Space with Sarah 10.00 - 11.00 G			Concious Flow with Fay 11.00 - 12.30 B E
*FoSB Wellbeing Circle with Rosie or Lisa 13.30 - 15.00 B S						
Strong Vinyasa Flow with Terri 17.45 - 18.45 B G	Vinyasa Flow with Stacey 17.45 - 18.45 E	Ashtanga Yoga with Jo 17.45 - 18.45 E	Yin Yang Flow Yoga with Amie 17.45 - 18.45 E	Vinyasa Flow with Rosie E 17.30 - 18.30 B E		
Gentle Flow with Emma 19.00 - 20.00 E	Visit 'Other Events' page for Tuesday evening workshops* 19.00 - 20.00	Candlelit Yin with Rosie E 19.00 - 20.00 B S	Kundalini Yoga with Lindsay 19.00 - 20.15 B E G			

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.

\*Amie is covering Poppy's class over maternity, to late December.

\*The Monday FoSB wellbeing circle and FoSB Soothing Yoga Space is for FoSB members and can be booked from the members pages - this runs weekly, feel free to drop in. This is a donation-based session.

\*Fiona's pre and post natal class will start on January 21st.

\*Lauren's Book Club is monthly and will run on 14th January, 11th February, 17th March, 21st April.

\*Lisa will be traveling for one month, date tbc and so this class will be covered by Kitty in those weeks.

\*Please see our 'other events' pages on our website for regular sessions that are ran from the centre.

\* 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!

## Therapies

**Tuesday**  
**Natalia**  
10.00 - 19.00

**Wednesday**  
**Donna**  
10:00 - 19:00

**Thursday**  
**Jane**  
10.00 - 19.00

**Friday**  
**Simon**  
10:00 - 19:00

Natalia offers: Reiki, Indian head massage, Neck, shoulders, back massage, Blissed out (Swedish, Lomi lomi, reiki), Pregnancy massage (>34weeks)

Donna offers: Deep tissue/Sport Massage Thai massage inspired, Oncology accredited Cancer Massage Therapy, Manual Lymphatic Drainage, Menopause Massage Therapy, Reiki

Jane offers: Acupuncture

Simon offers: Reflexology



@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)