

SHANTI BEE

Spring & Summer, March - September 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Beginner Friendly Nourishing Flow with Kitty B G 09.30 - 10.30		Energy Breathwork & Flow for all with Rosie M B E 9.30 - 10.45	Wake Up Morning Flow with Amy E 07.30 - 08.30	Mum & Baby Pilates with Tal B G 09.30 - 10.45	Vinyasa Flow with Poppy G 09.45 - 10.45	
Parent & Baby Yoga with Kitty B G 11.00 - 12.30	Beginner Friendly Gentle Hatha Yoga with Lisa B G 12.00 - 13.00	Restorative Physio Led Pilates with Tal B 11.00 - 12.00				Concious Flow with Fay B E 11.00 - 12.30
*FoSB Wellbeing Circle with Rosie / Lisa B S 13.30 - 15.00						
Strong Vinyasa Flow with Terri E 17.45 - 18.45	Vinyasa Flow with Stacey E 17.45 - 18.45	Ashtanga Yoga with Helen E 17.45 - 18.45	Rocket Fundamentals with Tammie E 17.45 - 18.45	Vinyasa Flow with Rosie E E 17.30 - 18.30		Pre-Natal Pregnancy Yoga with Fi B G 17.30 - 18.30
Gentle Flow with Emma B G 19.00 - 20.00	Visit 'Other Events' page for Tuesday evening workshops*	Candlelit Yin with Rosie E B S 19.00 - 20.00	Kundalini Yoga with Lindsay B G E 19.00 - 20.15			

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 find further information about each class by clicking the class name on our website timetable list.

*The Monday FoSB wellbeing circle and Thursday FoSB Soothing Yoga Space has been designed for our community health scheme members and can be booked from the members pages - this runs weekly, feel free to drop in. They are donation-based sessions and anyone is welcome.

*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!

Our community health scheme allows you to access additional and more tailored classes than are shown here. Please get in touch with us if you feel you would benefit from our tailored community health services.

Therapies

Monday	Tuesday	Wednesday	Thursday	Friday	
Donna 10:00 - 19:00	Natalia 10.00 - 19.00	Simon 10:00 - 19:00		Kay 10:00 - 19:00	Donna offers: Deep tissue/Sport Massage (Thai inspired), Accredited Cancer Massage, Manual Lymphatic Drainage, Menopause Massage, Reiki Natalia offers: Indian head massage (neck, shoulders and back), Relaxing massage (combination of Indian Head Massage, Lomilomi, Aromatherapy), Reiki, Meditation 1:1 Simon offers: Reflexology Kay offers: Swedish Massage, Hot Stone, Dry Fire Cupping, Reiki - (Usui Reiki / Seichem Reiki / Angelic Reiki / Spirit-Led Reiki), Intuitive Tarot



@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)

