

SHANTI BEE

Autumn & Winter, September '24 - February '25

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Beginner Friendly Nourishing Yoga Flow with Kitty B G 09.30 - 10.30		Energy Breathwork & Flow for all with Rosie M E 9.30 - 10.45		Mum & Baby Pilates with Tal B G 09.30 - 10:45	Vinyasa Flow Yoga 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 G 11.00 - 12.00		*Beginner Friendly Reiki-Infused Restorative Yoga with Kay B G S 12:00 - 13.00		Concious Yoga Flow with Fay B E 11.00 - 12.30
	Chair Yoga, Breathwork and Meditation with Kitty B G 16:30 - 17:30			*Monthly NE Mama Circle 12:00 - 13:30		
Vinyasa Flow Yoga with Terri E 17.45 - 18.45	Vinyasa Flow Yoga with Stacey E 17.45 - 18.45	Ashtanga Yoga with Helen E 17.45 - 18.45	Rocket Fundamentals Yoga with Tammie E 17.45 - 18.45	Vinyasa Flow Yoga with Rosie E E 17.30 - 18.30		Pregnancy Yoga with Fiona B G 17.30 - 18.30
Gentle Flow Yoga with Emma B G 19.00 - 20.00	Visit 'Other Events' page for Tuesday evening workshops*	Candlelit Yin Yoga 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 also find further information of each class by clicking the class name on our website timetable list.

- * Fridays: Reiki-Infused Restorative Yoga with Kay is on 3 Fridays a month, once a month we host a mama circle and this class takes a one-week break.
- * Please see our 'other events' pages on our website for regular sessions that are ran from the centre.
- * Monthly Mama Circle, is monthly! Please confirm dates by clicking the class booking link on our website and it will bring them up.
- * We can organise 1-2-1 sessions, please get in touch for more information.
- * 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 Safe Souls - 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, email - fosb@shantibee.co.uk

Therapies

Monday

Tuesday

Bethany
10:00 - 19:00

Wednesday

Thursday

Kate
10:00 - 19:00

Friday

Kay
10:00 - 19:00

Bethany offers: - EFT (tapping), TRE (Trauma release), NLP

Kate offers: Indian head massage, Holistic massage, 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)