

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
		06.20 to 07.00 Energise Breathwork with Rachel online www.releasefindpeace.co.uk		06.45 to 07.45 Vinaysa Flow with Emily Online http://www.openshala.com/en/	
		7.00 to 7.45 Morning energise with Amanda in Bourne End https://amandaturneroyoga.wixsite.com/yoga			
07.30 to 08.15 Qigong with Simon online www.embodiedstillness.as.me	07.30 to 08.15 Qigong with Simon online www.embodiedstillness.as.me	07.30 to 08.15 Qigong with Simon online www.embodiedstillness.as.me	07.30 to 08.15 Qigong with Simon online www.embodiedstillness.as.me	07.30 to 08.15 Qigong with Simon online www.embodiedstillness.as.me	
09.30 to 10.30 Slow Flow yoga with Evie Unwind Yoga Studio, Cookham www.costelloyoga.com		10:30 to 11.30 Vinyasa Flow with Patricia in Fulmer www.thestudiokgff.com	12.00 to 13.00 The Conscious Creativity Club in Davinder Ojalla online www.divinedavinder.com/	11.00 to 12.00 Hatha Amanda in Bourne End https://amandaturneroyoga.wixsite.com/yoga	10.00 to 11.00 Hatha Yoga with Emily Flackwell Health www.openshala.com/en/
10:30 to 11.30 Hatha Yoga with Patricia in Fulmer www.thestudiokgff.com	12:00 to 13.00 Slow Flow with Patricia in Fulmer www.thestudiokgff.com	11.00 to 12.00 strengthen, stretch & somatic movement Amanda in Bourne End https://amandaturneroyoga.wixsite.com/yoga	18.00 to 19.00 HathaYoga with Emily in Flackwell Health http://www.openshala.com/en/	11:15 to 12.15 Power Flow with Patricia in Fulmer www.thestudiokgff.com	
	18.00 to 19.00 Core and upper body unwind with Evie Unwind Yoga Studio, Cookham www.costelloyoga.com	12.00 to 14.00 Conscious Creativity Club -with Davinder in Maidenhead https://www.divinedavinder.com/	18.30 to 20.30 Sunset SUP Yoga with Tara https://widget.eola.co/t9kw8/activities/yoga-on-board	13.00 to 14.15 Mindful yoga with Jihan at the Positivity Centre Yurt www.journey2serenity.co.uk	
18.00 Soma Breathwork with Rachel Whitehead The Wellness Barn www.releasefindpeace.co.uk	19.00 to 20.15 Mindful yoga with Jihan at the Positivity Centre Yurt www.journey2serenity.co.uk	18.30 to 19.45 Vinyasa Flow with Fiona Mac at Riverside Lodge Studio www.mackyyoga.co.uk	19.15 Restorative Yoga with Reiki and Sound healing with Chandra at the Wellness Barn https://bookwhen.com/rekindlewellness		
18.30 to 19.15 Yoga with Jeff phenix at the Wellness Barn www.jeffphenixyoga.com	19.00 to 20.30 Mental Health & Trauma with Davinder online https://www.divinedavinder.com/	18.00 to 19.00 Astanga / vinyasa with Emily in Flackwell health http://www.openshala.com/en/	19.15 to 20.15 Yin Yoga with Patricia in Fulmer www.thestudiokgff.com		
20.00 Soma Breathwork with Rachel Whitehead Online www.releasefindpeace.co.uk	19.30 to 20.30 TRE with Rebecca in Lane end or online http://www.balanceandharmony.space/	19.30 to 20.30 Yin Yoga with Emily online http://www.openshala.com/en/	19.00 to 20.30 MedYoga Beginners with Davinder online www.divinedavinder.com		