

JANUARY 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2 Level 1 Week 1	3	4 Level 2 Week 1	5	6
7	8 Yoga for Anxiety	9 Level 1 Week 2	10	11 Level 2 Week 2	12	13
14	15 Yoga for Anxiety	16 Level 1 Week 3	17	18 Level 2 Week 3	19	20 Teacher Training Intake 3
21	22 Yoga for Anxiety	23 Level 1 Week 4	24	25 Level 2 Week 4	26	27
28 Meditation Day Retreat	29 Yoga for Anxiety	30 Level 1 Week 5	31			

FEBRUARY 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Level 2 Week 5	2	4 Teacher Training Intake 2
4	5 Yoga for Anxiety	6 Level 1 Week 6	7	8 Level 2 Week 6	9	10 Teacher Training Intake 3
11	12 Yoga for Anxiety	13 Level 1 Week 7	14	15 Level 2 Week 7	16	17
18	19 Be Here Now Meditation	20 Level 1 Week 8	21	22 Level 2 Week 8	23	24
25	26 Be Here Now Meditation	27 Level 1 Week 1	28			

MARCH 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Level 2 Week 1	2	3 Teacher Training Intake 2
4	5 Be Here Now Meditation	6 Level 1 Week 2	7	8 Level 2 Week 2	9	10
11	12 Be Here Now Meditation	13 Level 1 Week 3	14	15 Level 2 Week 3	16	17 Teacher Training Intake 3
18		20 Level 1 Week 4	21	22 Level 2 Week 4	23	24
25		27 Level 1 Week 5	28	29 Level 2 Week 5	30	31

APRIL 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3 Level 1 Week 6	4	5 Level 2 Week 6	6	7
8	9	10 Level 1 Week 7	11	12 Level 2 Week 7	13	14
15	16	17 Level 1 Week 8	18	19 Level 2 Week 8	20 Yoga Show	21 Yoga Show
22 Yoga Show	23	24 Level 1 Week 1	25	26 Level 2 Week 1	27	28 Teacher Training Intake 3
29	30					

theyogalifeproject

Beginners Level 1 Yoga Classes
7:00pm - 8:30pm
Prebook at: www.theyogalifeproject.co.uk

Level 2 Yoga Classes
7:00pm - 8:30pm
Prebook at: www.theyogalifeproject.co.uk

Teacher Training Days
Intake 3 and 3

Yoga show

Specialist workshops and courses
held at the Life Centre
Prebook at:
www.thelifecentrenorth.com/workshops-and-courses

MAY 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 Level 1 Week 2	2	3 ELECTION : NO CLASS	4	5
6	7	8 Level 1 Week 3	9	10 Level 2 Week 2	11	12 Teacher Training Intake 3
13	14	15 Level 1 Week 4	16	17 Level 2 Week 3	18	19
20	21	22 Level 1 Week 5	23	24 Level 2 Week 4	25	26
27	28	29 Level 1 Week 6	30	31 Level 2 Week 5		

JUNE 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5 Level 1 Teaching Assessing	6	7 Level 2 Week 6	8	9 Teacher Training Intake 3
10	11	12 Level 1 Teacher Assessing	13	14 Level 2 Week 7	15	16
17	18	19 Level 1 Week 1	20	21 Level 2 Week 1	22	23
24	25	26 Level 1 Week 2	27	28 Level 2 Week 2	29	30

JULY 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3 Level 1 Week 3	4	5 Level 2 Week 3	6	7
8	9	10 Level 1 Week 4	11	12 Level 2 Week 4	13	14
15	16	17 Level 1 Week 5	18	19 Level 2 Week 5	20	21
22	23	24 Level 1 Week 6	25	26 Level 2 Week 6	27	28 Teacher Training Graduation
29	30	31 Level 1 Week 7				

AUGUST 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2 Level 2 Week 7	3	4
5	6	7 Level 1 Week 8	8	9 Level 2 Week 8	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

theyogalifeproject

- Beginners Level 1 Yoga Classes**
7:00pm - 8:30pm
Prebook at: www.theyogalifeproject.co.uk
- Level 2 Yoga Classes**
7:00pm - 8:30pm
Prebook at: www.theyogalifeproject.co.uk
- Teacher Training Days**