

## 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](http://www.theyogalifeproject.co.uk)

**Level 2 Yoga Classes**  
7:00pm - 8:30pm  
Prebook at: [www.theyogalifeproject.co.uk](http://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](http://www.thelifecentrenorth.com/workshops-and-courses)