

JANUARY 2019

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

FEBRUARY 2019

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

MARCH 2019

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

APRIL 2019

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

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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 4

Retreat
Prebook at: www.theyogalifeproject.co.uk

Meditation course
Prebook at: www.beando.co.uk