

**Namaste Everyone**

It's newsletter time again as the current block ends this week on Saturday, 3<sup>rd</sup> August.

As we're into Summer Holiday time the block will be **4 weeks** long not 5, running from next Monday, 5<sup>th</sup> August to Saturday 31<sup>st</sup> August.

The price for a 4 week block is £32 (£8/class) 3 classes for £27, 2 for £18 (£9/class) or pay weekly £10. We assume you'll continue to come to your regular class unless you let us know otherwise and as usual if you can't make your regular class you're welcome to make up by doing another class within the block.

MONDAY CLASS PEOPLE: No classes on Bank holiday Monday, 26<sup>th</sup> August so your block payment is either 3 weeks for £24, 2 weeks for £18 or £10 a class.

***Our Summer Workshops, Day Retreats and Yoga & Sound Relaxation Sessions continue:*****Yoga Day Retreats to Refresh & Re-energise with Anne: Sunday 18<sup>th</sup> August:**

Starting at 10am, in the morning we'll blend pranayama (breathwork), mindfulness practice and a full asana (posture) practice ending with savasana (relaxation) with sound - singing bowls and gong. After lunch a mindfulness practice will be followed by a slow flow asana practice and a yoga nidra (extended savasana). The day will end at 5pm and lunch and light refreshments will be available. The price is £30 and £5 for lunch (optional). Contact Anne to book your place.

**Half Day Workshops to Deepen your Practice with Nic:**

1.30-4pm on the last Saturday of the month Nic's half day themed workshops will each explore a different theme to deepen your practice. The next one is Sneaky Strength Yoga on 31<sup>st</sup> August. To reserve your place contact Anne or email Nic - [info@nicmoyyoga.co.uk](mailto:info@nicmoyyoga.co.uk)

**Friday Evening Yoga & Sound Relaxation: 6pm -7pm Friday 23<sup>rd</sup> August**

The Yoga & Sound Relaxation sessions are a wonderful way to end the week and start your weekend. Starting at 6pm the 60 minute session combines a short, gentle yoga sequence with a deep relaxation "bathed" in the sound and vibration of a combination of singing bowls, gong and chimes. Cost £10

**Reminder:** We set a maximum of 6 or 7 for all our classes and events, so if you'd like to come to one please contact us to reserve your place.

**We're Planning Some Changes**

If you've been in classes in July you'll know that we are hoping to move to larger premises on High Street in Dronfield. The move is dependent on receiving approval for change of use for the new premises from NEDDC and the application is going through the formal consultation period now.

If everything goes according to plan we're hoping to move and be open by early October.

We're planning to offer a variety of new daytime classes and to add dedicated classes for children and teens to the timetable as well as pilates and other complimentary modalities.

We'll keep you updated in class and we'll be asking for your ideas and opinions on what you would like the new Centre to offer when we get the go-ahead.

***Looking forward to seeing you "on the mat" soon***

*Anne, Yvonne & Nic*

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