



HORIZON YOGA

Newsletter October 2019

Namaste Everyone

Just in case you don't know yet: We've moved! And our name has changed!

From Monday 14th October all our classes will be held in our beautiful new studio at 10A High Street and we will be Dronfield Yoga & Wellbeing Studio.

If you come to classes or keep up to date with us on facebook you already know all about the exciting changes and I'd like to thank you all for your support, fb likes and shares and your enthusiasm. It's really made a difference to us. We're looking forward to seeing you there in classes this week.

NEW CLASSES:

We're adding to the timetable with 3 new daytime dance-based fitness classes: Piloxing, FitSteps and barRebellion.

After half term Nic will teach a childrens and a teens yoga class after school on Mondays.

We're working on adding Tai Chi and from early November Yvonne will also teach Pilates classes having completed her Pilates training. We'll add them to the timetable soon.

FREE TASTER FITNESS CLASSES:

To launch the Piloxing and barRebellion classes we're offering a free taster classes this week so if you'd like to try one book online or let me know to reserve you a place.

FREE CHILDRENS & TEENS TASTER CLASSES:

The new childrens and teens classes begin after half term, but Nic is offering free taster classes on Monday 21st October. There are 15 places in each class so if you've a young person who'd like to try a class book online or let Nic or I know to reserve a place.

NEW WEBSITE:

The new timetable and class descriptions are on our new website: www.dronfieldyoga.co.uk.

You can also book your classes online – follow the links from the timetable page.

You can choose to pay online when you book or pay when you come to class. We've also got a debit & credit card reader at the studio so no need to hunt around for cash before coming to class!

If you prefer to pay by bank transfer that's fine too, our bank account details are:

Dronfield Yoga & Wellbeing Studio

Sort Code: 20-76-92

Account number: 93462137

NEW CLASS PASSES:

Class prices are staying the same, but classes won't run in set 5 week blocks, instead you can buy a 4 Class Pass for £32 which allows you to come to 4 classes in 30 days starting from the date of the first class.

For anyone who regularly comes to 2 classes a week or if you'd like to do more classes there's a new Unlimited Class Pass for £60 which will allow you to come to as many yoga and fitness classes as you'd like for 30 days.

The drop in/pay-as-you-go class price is £10 for yoga classes and £6 for any of the fitness classes.

NEW THERAPIES:

We're really excited to welcome Emma Turley to the studio. Emma offers a range of complimentary therapy treatments including clinical reflexology, reiki and crystal healing and will be in our small studio on Tuesdays and Wednesday evenings. Emma will be offering introductory 30 minute taster sessions for £10, more details at our Official Launch.

INVITATION to our OFFICIAL LAUNCH/OPEN WEEKEND
Saturday 19th & Sunday 20th October
11.30am -4pm

Although classes start this week, our official opening is next weekend. We'll be offering some taster sessions during the day and for those of you who enjoy the Sound Sessions (or have been wondering what they're all about) I'll be closing both days with a Sound Relaxation at 3.30pm. So please drop in on Saturday or Sunday to see our lovely new space, meet the teachers, have a drink, maybe try a session and find out about the new classes.

Planned Taster Sessions for both days:

12pm:	Yoga Taster with Yvonne
12.45pm:	Using Resistance Bands in Yoga with Nic
2pm:	Yoga for Children with Nic
2.45pm:	TBC
3.30pm:	Sound Relaxation with Anne

If you haven't been to a class for a while we'd love to see you, so please drop in and catch up with us if you can.

YOGA & SOUND RELAXATION SESSIONS this Autumn

They're back! The popular Yoga & Sound Relaxation sessions will be held on

Friday 1st November 6pm-7pm

Friday 22nd November 6pm -7pm

Friday 13th December 6pm – 7pm

Experience the deely relaxing combination of restorative yoga and the sound and vibration of singing bowls, gong and chimes.

A slow yoga sequence is followed by an extended savasana with sound bath using singing bowls, chimes and a gong. Price £10.

REMINDER: Nic's Saturday Workshops

Nic is running 2 more Saturday afternoon workshops this year:

26th October: Sun Salutations

30th November: Yoga and Mindfulness

Starting at 1.30pm, the workshops are two and a half hours and end with a long savasana followed by tea and cake. The price is £15.

To reserve yours for any of the workshops contact me or email Nic - info@nicmoyyoga.co.uk

Looking forward to seeing you "on the mat" in our new studio

Anne, Yvonne & Nic

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