

# Studio Timetable

Wednesday 11am - 12pm

## Moving Back to Health



Learn to change your neuromuscular patterns and access more range of motion through guided movement exploration

Facilitated by Jacqueline of Danceaboutco

07539 314858

Email: [danceaboutco@gmail.com](mailto:danceaboutco@gmail.com)


Saturday 11am - 12pm

## Vinyasa Yoga Flow

Beginner friendly, All levels welcome  
we end sessions with guided nidra meditation

Love and Light, I can't wait to see you on the mat

Facilitated by Gabby of The Yoga Olive

 Instagram: [@theyogaolive](https://www.instagram.com/theyogaolive)

Email: [g.craig0291@gmail.com](mailto:g.craig0291@gmail.com)

