



YOGA GARDEN



Make Yoga Your Way of Life

Summer turns to autumn; russet tones, cosy nights and gentle days - change is in the air. It's the perfect time to turn inwards and reflect on the essence of Yoga.

Even if you don't want to become a yoga teacher, The Yoga Garden Teacher Training course starting 1st September, offers valuable benefits to your daily existence. The knowledge and skills you'll learn will enhance life for you and your family. It's a journey of deep exploration into the human body, mind and spirit. Last chance to embark for this year's course. [Read More](#)

Retreat into Inner Peace

Our gorgeous new [Yoga Garden Retreats](#) website is now live. Do check it out if you'd like to take your yoga on a journey. Be inspired to take your practice to the next level and expand your mind in foreign climes.

Serenity, Sunshine & Laughter, with Fatima and Nina is a life-enhancing six day yoga holiday (1-7 Oct) in the magical town of Kas on Turkey's aptly named Turquoise Coast. An eclectic mix of yoga fused with a stay at a luxurious, hip, boutique hotel right on the



water's edge. Relax and revive, with delicious food, exotic adventures, restoring Hammams and turtles - total bliss! [Read More](#)

Join us on the Mat in Sept & Oct

[Sound Bath with David Tipper](#) | 2 Sept | 6.30 - 8.00pm

[Aroma Yoga Workshop with Nina](#) | 5 Sept 2.30-4.30pm

[DoTERRA Members Lunch with Georgie](#) | 8 Sept 1.15-2.30pm

[Enchanted Garden with Nina](#) | 8 Sept 6.30-8pm

[Autumn Retreat with Georgie](#) | 10 Sept 10am-4pm

[Shoulder Opening & Back Care with Silvia](#) | 16 Sept 2-5pm

[Embody Love with Jenni](#) | 1 Oct 10am-1pm

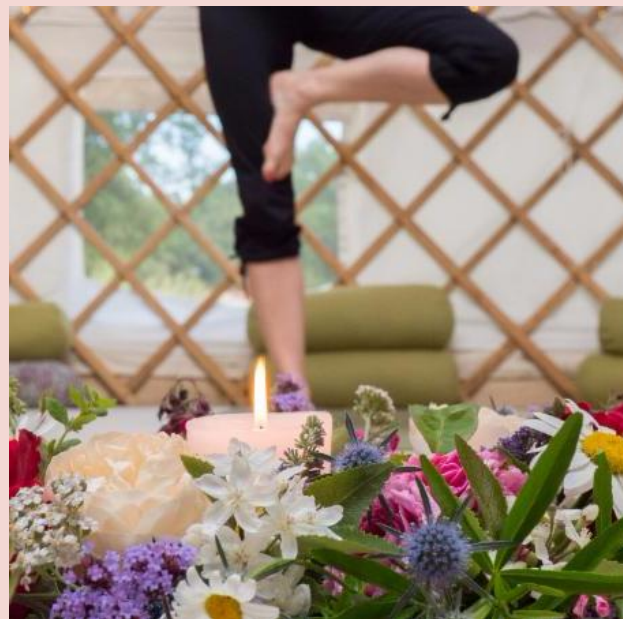
[Intro to Essential Oils for digestion](#) | 6 Oct 12-1pm FREE

[Yoga Assists with Amrita](#) | 8 Oct 10.30am-5pm

[Healthy Skin with Essential Oils](#) | 13 Oct 1.15-3:15pm

[Pregnancy Teacher Training with Mel Campbell](#) | 28/29 Oct 10am-5pm

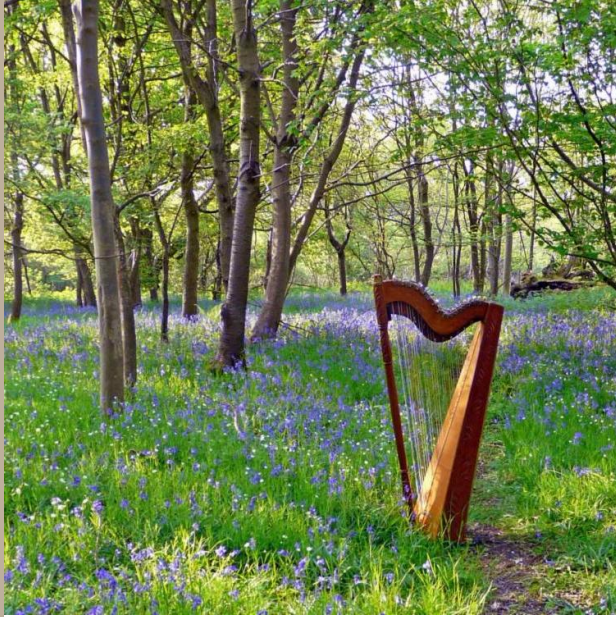
[Aroma Yoga Workshop with Nina](#) | 31 Oct 2.30-4.30pm



Healing Harps and Creative Awakening

Enchanted Garden with Nina is a restorative yoga session accompanied by the restful melodies of a healing harp. Bring your body and soul to this unique workshop that promises to balance and connect you to inner peace. Fri 8 Sept. [Read More](#)

While **Shine Out with Georgie** is a magical mix of coaching, body work, aroma massage, Angel Card readings and meditation. Designed to help you plant the seeds of abundance for optimum health and wellbeing, it's a spiritual treat for the senses this autumn. Sun 10 Sept. [Read More](#)



New Autumn Timetable & Changes

From Tuesday 5 September | [TIMETABLE](#)

Monday Evening | back to two **Hot Yoga** classes

Wednesdays | As Hinako on sabbatical, Mysore class gives way to **New Beginners/Yoga for All** class 7.30 pm

Wednesdays | new **Pregnancy Yoga** 5.30-6.30 pm

Thursdays | **New Class - Children's Yoga** with Charlotte from 14 Sept | 4.30 - 5.30

New time for **Runners and Riders** | moves from Thurs 1pm to Fri 4.30 - 5.30pm



Those familiar with Karma Yoga will know it's the discipline of selfless action as a way to perfection. If you fancy working towards this goal with the change of the season, we're looking for a 'yurt ange' to prepare the yurt for classes, keep it clean and looking its best. We're offering free classes in exchange though, so it's more like semi-skimmed Karma than the full fat version! Please contact [Nina](#) for details.

Love and light
Nina, Claire & the team

[Book a class](#)

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