

Timetable

Classes are held in The Unity Centre
 Except where indicated, Unity classes are open to everyone
 – as one-offs, with class cards or with Unity membership

Classes all week **B** Beginners **P** Practiced **D** Deep dive

Also online live stream

Also available to download

A Accessible classes

Non-members book any Unity class as a drop-in (£12)
Members all Unity classes free to book, except *

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9.30 – 10.30am</p> <p>HATHA FLOW YOGA</p> <p>Xenia Gregoriadis</p> <p>BPD</p>	<p>8.30 – 9.30am</p> <p>MINDFUL VINYASA FLOW</p> <p>Samantha Roy</p> <p>P</p>	<p>9 – 10.30am</p> <p>NURTURE YOGA (CLOSED GROUP)</p> <p>Sevanti</p>	<p>09.30 – 10.30am</p> <p>YOGA AND MINDFUL MOVEMENT TO MUSIC</p> <p>Victoria Cooper</p> <p>P</p>	<p>9 – 10.30am</p> <p>UNITY YOGA</p> <p>Sevanti</p> <p> P</p>	<p>9 – 10am</p> <p>YOGA TO RESET</p> <p>Lianne Campbell</p> <p> BPD</p>	<p>9.15 – 10.30am</p> <p>SACRED SUNDAYS</p> <p>Movement & mindfulness</p> <p>See website for weekly options</p>
<p>11am – noon</p> <p>GENTLE YOGA</p> <p>Jane O'Donnell</p> <p> BPD</p>	<p>11.30am – 12.30pm</p> <p>PILATES WITH FLOW</p> <p>Anna Papadopoulou</p> <p> BPD</p>	<p>11.30am – 12.45pm</p> <p>MINDFUL HATHA & SOUND JOURNEY</p> <p>Victoria Cooper</p> <p>BPD</p>	<p>11am – noon</p> <p>MUM + BABY YOGA</p> <p>Gabrielle Minkley-Barnes</p>	<p>11.30 – 12.30pm</p> <p>MINDFUL FLOW YOGA (WITH MUSIC)</p> <p>Christina K & Samantha Roy</p> <p>A</p>	<p>SHIATSU SCHOOL</p> <p>Donna Armstrong</p> <p>Bookings: www.shiatsu.net</p> <p>*</p>	<p>LIMITED PLACES</p> <p>book early to secure a place</p>
<p>4.15 – 5.30pm</p> <p>YOGA FOR TEENS</p> <p>Sevanti</p> <p>Bookings: £8 sevanti@being-in-unity.com</p>	<p>6 – 7pm</p> <p>HATHA YOGA</p> <p>Helen Kowalski</p> <p> B</p>	<p>6.30 – 8.15pm</p> <p>SPIRITUAL UNITY MEDITATION</p> <p>Amadis Cammell</p>	<p>6 – 7.15pm</p> <p>QOYA – SACRED REBELS (WOMEN ONLY)</p> <p>Sammie Venn</p> <p>BPD</p>	<p>6.30 – 7.30pm</p> <p>THE HEART OF AWARENESS</p> <p>Hu Williams</p> <p>* Contact Hu to book</p>		
<p>7.15 – 8.15pm</p> <p>WARRIOR FLOW YOGA</p> <p>Samantha Roy</p> <p>PD</p>	<p>7.30 – 8.30pm</p> <p>SOULFUL SLOW FLOW YOGA</p> <p>Laura Taylor-Innes</p> <p>BP</p>	<p>7.15 – 8.30pm</p> <p>DYNAMIC YOGA FLOW</p> <p>Rori Cross Brown</p> <p>BPD</p>	<p>7.15 – 8.15pm</p> <p>ASHTANGA YOGA</p> <p>Graham Clews</p> <p>P</p>	<p>8.30 – 9.30pm</p> <p>YOGA NIDRA & MEDITATION</p> <p>Carla Williams</p> <p> ONLINE LIVE STREAM ONLY</p>		

WEEKEND WORKSHOPS

For November, check website



KIRTAN with Narayani	First Fridays 6.45–8.15pm
CRYSTAL ALCHEMY SOUND BATH with Brighitta Moser-Clark	Saturdays/monthly 11.30am–1pm
PELVIC FLOOR WORKSHOP with Justine Sipprell	Mon 10 Oct 12 noon–3pm
UNITY YOGA WITH THE HARP & CRYSTAL SINGING BOWLS with Sevanti & Siobhan	Sat 3 Dec 10am–1pm
SPIRITUAL UNITY: HEART CENTRED SPIRITUALITY with Amadis Cammell	Sat 3 Dec 1pm–6pm
OPEN FLOOR – CONSCIOUS/ MINDFUL DANCE with Sevanti	Sun 4 Dec 11am–1pm
A WINTER SOLSTICE EVENING with Kelly Jarvis	Fri 16 Dec 7.30–9.30pm

New workshops added often at being-in-unity.com/workshops



TO BOOK ANY CLASSES (except *)

being-in-unity.com/classes or the 'Unity yoga' app

* Book directly. Not included in membership

revised Oct 2022



THE UNITY CENTRE
 spa • studio • yoga • community

being-in-unity.com