



Yoga



"Yoga teaches us to cure what need not be
endured and endure what cannot be cured"

B.K.S. Lyengar

Imperial yoga class timetable

	Charing Cross	St.Mary's	Hammersmith
Mon	5.30 - 6.30pm	5.30 - 6.30pm	5.30 - 6.30pm
		6.40 - 7.30 (Yin)	
Tue	12 - 12.45pm	12 - 12.45pm	
		5.30 - 6.30pm	5.30 - 6.30pm
			6.45 - 7.45pm (Yin)
Wed		7.30 - 8.15am	
		5.30 - 6.30pm	
Thur	12 - 12.45pm	12 - 12.45pm	
	5.30 - 6.30pm		5.30 - 6.30pm (Yin)
Fri		12 - 12.45pm	

All classes are Vinyasa Flow yoga with the exception to those listed in brackets which are Yin.
Classes suitable for all levels.



For more information or to book, call 020 3312 1288
or email: wellbeing@imperial.nhs.uk