

Yurt Summer Classes & Activities

Please note that these classes are run by external tutors and should be booked directly with the tutor. See Classes Background sheet for prices and booking details.

Day	w/c 22nd July	w/c 29th July	w/c 5th August	w/c 12 th August	w/c 19 th August	w/c 26 th August
Mon	7.30-9.00pm Tony Gong Bath Meditation		7.30-9.00pm Tony Gong Bath Meditation	7.30-9.00pm Tony Gong Bath Meditation		
Tue	4.30-5.30pm EMPOWER! Teen Yoga with Louise	4.30-5.30pm EMPOWER! Teen Yoga with Louise	4.30-5.30pm EMPOWER! Teen Yoga with Louise	4.30-5.30pm EMPOWER! Teen Yoga with Louise	4.30-5.30pm EMPOWER! Teen Yoga with Louise	4.30-5.30pm EMPOWER! Teen Yoga with Louise
Wed	8.45-9.45am QiGong with Pete	8.45-9.45am QiGong with Pete			8.45-9.45am QiGong with Pete	8.45-9.45am QiGong with Pete
	<i>Afternoon onwards: Private Event.</i>	12.30-1.45pm Lunchbreak Yoga with Saffron				
	Please note: 12.30pm & 7.30pm Yoga classes have been moved to the hotel in the Long Room.	7.30-8.30pm Vinyasa Flow with Steph	7.30-8.30pm Vinyasa Flow with Steph	7.30-8.30pm Vinyasa Flow with Steph		Vinyasa Flow with Steph 7.30-8.30pm
Thurs		10-10.45am Moo Music (0-7year olds). 11-11.30am Baby Moo (for 0-walking) 2pm & 4pm Author Storytelling: Monty the Magical Magpie, Sue Tweedie	10-10.45am Moo Music (0-7year olds) 11-11.30am Baby Moo (for 0-walking)	2pm & 4pm Author Storytelling: Monty the Magical Magpie, Sue Tweedie	2pm & 4pm Author Storytelling: Pugs Adventures, Laura James	2pm & 4pm Author Storytelling: The Best Flamingo Detective, Laura James
Fri	<i>Daytime: Private Event</i>	10-10.30 2-8yrs The Yoga Patch: Kids Yoga with Jen	10-10.30am 2-8yrs The Yoga Patch: Kids Yoga with Jen		10.30-11.30am Royal Princesses and Princes Dance Party: BOP ABOUT DANCE	10.30-11.30am Fairies and Elves Dance Party: BOP ABOUT DANCE
Sat		The Yoga Patch: 9.30-10.10am 6-12yrs 10.15-10.45 2-6yrs				The Yoga Patch: 9.30-10.10am 6-12yrs 10.15-10.45 2-6yrs