



www.sadhanayoga.co.uk

Yoga, Pilates and Meditation classes in Monton and Eccles

Monday

When: Pilates: 6.30-7.30pm*
Yoga: 7.45 - 9.15pm*
Drop in classes

Where: Quaker Meeting House
Wellington Road, Eccles

Prices: 1 hour class: £6 (Concessions £5)
1.5 hour class: £7 (Concessions £6)
2 classes following each other: £10

Tuesday

What: Guided Meditation for all*

When: 7-8pm last Tuesday of the month
(dates on website)

Where: Sadhana Yoga Studio
Eccles M30

Price: Donation based
(suggested £5 donation)

Wednesday

When: Pilates: 5.45-6.45pm* AND 7-8pm
Yoga: 8.15-9.15pm
Drop in classes

Where: Quaker Meeting House
Wellington Road, Eccles

Prices: 1 hour class: £6 (Concessions £5)
1.5 hour class: £7 (Concessions £6)
2 classes following each other: £10

Thursday

When: Pilates: 6-7pm*
Yoga: 7-8pm*
Drop in Classes

Where: Monton Memorial Hall
Unitarian Church
Monton Green

Prices: £6 (Concessions £5)
2 classes following each other: £10

Friday

What: Yin/Restorative Yoga with
Meditation*

When: 7-9pm every other week
(dates on website)

Where: Sadhana Yoga Studio
Eccles M30

Price: £12 booking and payment in advance

Sunday

What: Yoga, Breath, Meditation and
Relaxation*

When: Please see dates on website

Where: Sadhana Yoga Studio, Eccles M30

Price: £15 booking and payment in advance

UK & Europe Retreats

What: Yoga, Meditation and Relaxation retreats
When: Please visit website for more details

Private, family & corporate classes - please email Sadhana@sadhanayoga.co.uk for details
Yoga, Pilates & Meditation retreats - please visit www.sadhanayoga.co.uk for details

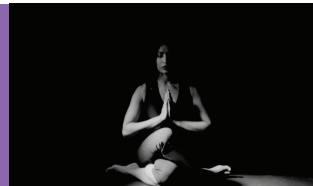
Qualifications: British Wheel of Yoga Diploma, Pilates Union UK Diploma, Pre and Post Natal, Yoga Kidz Worldwide, CRB cleared.

* Classes are suitable for prenatal however please call prior to attending. For specific prenatal classes, please see overleaf.

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Prenatal and Postnatal classes in Monton and Eccles

(Private sessions can be arranged)

Prenatal Yoga and Pilates

- When:** Saturdays 12-1.30pm
(times and dates may change - please check website)
- Where:** Sadhana Yoga Studio, Eccles M30
- Price:** Drop in £8.50 or 6 week course £42 (£7 per class)
Booking and payment in advance

Yoga and Pilates exercises for birth preparation techniques, to help ensure an enjoyable and safe pregnancy and birth.



Couples birth preparation for mum-to-be and birth partner

- When:** Please see website for dates and times
- Where:** Sadhana Yoga Studio, Eccles M30
- Price:** £35 per couple for a 2 hour session
Booking and payment in advance

Practical and effective birth positions, working with partner to include breath and relaxation techniques.



Yoga and Pilates for parent and baby

- When:** Mondays 10.30am - 12pm (option to leave at 11.30am)
- Where:** Monton Memorial Hall, Unitarian Church Monton Green
- Price:** Drop in £8.50 or
6 week consecutive course £42 (£7 per class)
Booking and payment in advance

Yoga and Pilates techniques to gain tone and strength, with massage and songs for babies from 6 weeks to crawling.



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