

# More Info

## Socials

Saturday Brunch Social - so we can eat and share together after the Vinyasa flow class

Socials are free to join. You'll be investing your time to meet, share, feed your heart and soul.

## Class Prices

I'm aware we are in uncertain times esp with our jobs. Because of this when making your decisions as to which mode of pricing fits with your needs. I suggest for example for those who are employed, get paid monthly for instance, to see where one is today, for now, for this period, for April, what one can afford. If things change and one wants to continue with their practice we can have a chat about moving forward ☐

Yoga Classes are £7 (drop-in) except for community classes, socials and meditation sessions (see below)

Yoga Class Pass (valid for 3 months) 10 classes for 9 : £70

Monthly unlimited pass £60 p/m (those with an existing class pass have the opinion of using what they have to pay towards this or if they prefer they can keep things separate)

Introducing PAYF - Pay As You Feel, based on the price of a class, for those on low income or on benefits etc. Please see for details.

## Mind Body Community classes

All classes are £3 (Mon, Thurs Chair and Thurs Eve (£1.50 for under 16s)

Thurs 9.30 am class is currently free for all to join and is funded by RBKC - the Royal Borough of Kensington and Chelsea.

## One Love Meditation

This sit is free

Please note: Changes to the weekend schedule may occur due to workshops. Participants will be given a months notice.