

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Fee	Concessions
Tue	UCM	Q3450	Mindfulness-based Stress Reduction UCM AUTUMN	01/10/19	18.00 – 20.00	8 wks	£100	£50
Tue	UCM	Q3948	Mindful Self-Compassion UCM SPRING	17/03/20	18.00 – 20.00	8 wks	£100	£50
Wed	UCM	Q3453	Introductory Session to dotb-foundations For People Working in Education UCM AUTUMN	20/11/19	16.30 – 18.00	1 day	FREE	FREE
Wed	UCM	Q3455	Working Mindfully With Pain, Discomfort And Difficult Emotions UCM AUTUMN	09/10/19	19.00 – 21.00	1 day	£13	N/A
Wed	UCM	Q3454	How to be Happy UCM SPRING	15/01/20	19.00 – 21.00	1 day	£13	N/A
Wed	UCM	Q3452	Mindfulness for People Working in Education – dotb-foundations UCM SPRING	29/01/20	16.30 – 18.15	8 wks	£88	£44
Wed	UCM	Q3456	The Power of Mindfulness UCM SUMMER	22/04/20	19.00 – 21.00	1 day	£13	N/A
Fri	UCM	Q3595	Mindfulness in the Workplace UCM AUTUMN	11/10/19 & 25/10/19	09.00 – 16.30	2 days	£82	N/A
Sat	UCM	Q3975	Introduction to Mindfulness UCM AUTUMN	14/09/19	10.00 – 12.00	1 day	£13	N/A

YOGA

YOGA FOR IMPROVERS

Suitable for last year's beginners. Own mat and belt required.

YOGA FOR ALL ABILITIES

Yoga is a holistic system designed to bring harmony to the mind, body and spirit. A series of stretching and breathing exercises, combined with deep relaxation which are physically energizing and emotionally calming. Own mat required and blanket.

YOGA FOR BEGINNERS/INTERMEDIATE

Gentle yoga positions, breathing, and deep relaxation for optimum health. Own mat and blanket required.

CLASSICAL YOGA FOR BEGINNERS & INTERMEDIATES

Lyengar inspired classical yoga to keep you well in mind and body. Make TIME for your personal health.

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Fee	Concessions
Mon	WILL	Q3529	Yoga for Improvers WILL AUTUMN	30/09/19	19.30 – 20.45	18 wks	£140	£70
Tue	GLEN	Q3614	Yoga for All Abilities GLEN AUTUMN	01/10/19	09.15 – 10.45	9 wks	£84	£42
Tue	GLEN	Q3978	Yoga for All Abilities GLEN SPRING 1	07/01/20	09.15 – 10.45	9 wks	£84	£42
Tue	WILL	Q3528	Yoga for all Abilities WILL AUTUMN	01/10/19	19.00 – 20.15	18 wks	£140	£70
Tue	PEEL	Q3527	Yoga for Beginners & Intermediates PEEL AUTUMN	01/10/19	18.30 – 20.00	18 wks	£168	£84
Wed	GLEN	Q3615	Yoga for All Abilities GLEN AUTUMN	02/10/19	09.15 – 10.45	9 wks	£84	£42
Wed	GLEN	Q3979	Yoga for All Abilities GLEN SPRING 2	08/01/20	09.15 – 10.45	9 wks	£84	£42
Thu	GLEN	Q3616	Yoga for all Abilities GLEN AUTUMN	03/10/19	14.00 – 15.15	18 wks	£140	£70
Thu	BALLAS	Q3497	Classical Yoga for Beginners & Intermediates BALLAS AUTUMN	03/10/19	18.30 – 20.00	18 wks	£168	£84