

Saturday

William Vann Room

11am – 12pm Morning Flow Yoga (Energising) 60 minutes
12.15pm – 1.00pm Mindful Yoga (gentle and slow) 45 minutes
1.15pm – 2.15pm Yin Yoga (Slow and deep) 60 minutes
2.30pm – 3.45pm Restorative Yoga (Blissful and healing)

To prebook slots on these sessions, please email

kim@kimwoodsyooga.com.

£5 per person.

John Ellis Room

Wisdom Share and Cacao Ceremony

11.15am, 12.15pm, 2.15pm, 3.15pm

Sessions last 40 minutes. For ages 14+

To prebook slots on these sessions, please www.groundedsound.uk

and use the Contact section to request a place.

£10 per person.

Marquee

11.30am-12.15pm Pilates

12.30pm-1.15pm Somatic Movement

2pm-2.45pm Pilates

3pm-3.45pm Natural Movement

All sessions are 45 minutes.

Go to We Love Pilates on Facebook and follow the links.

<https://fb.me/e/1aGZrQ6rE>

<https://fb.me/e/l6j1P0eS>

<https://fb.me/e/125Dqi3KK>

<https://fb.me/e/5QPIVPYR7>

£5 per person.

Sunday

William Vann Room

11am – 12pm Hatha yoga (strong and slow) 60 minutes

12.15pm – 1-15pm Moderate Flow Yoga (Fun and energising) 60 minutes

1.30pm – 2.15pm Modified ashtanga class 45 minutes

2.30pm – 3.45pm Restorative & Yoga Nidra 75 minutes (Deeply Restful)

To prebook slots on these sessions, please email

kim@kimwoodsyooga.com

Marquee

Relaxation Sound Bath

11.30am, 1.30pm, 3pm

Sessions are 60 minutes. For ages 10+. Please arrive 15 minutes before your session. Bring any mats, blanket and cushions that will make you feel comfortable.

To prebook slots on these sessions, please www.groundedsound.uk and use the Contact section to request a place.

£15 per person.

In the Hall All Weekend

Treatments by:

Antonia's Holistic Have (sat only), The Geodess Healer, Natalie Orton-Rose & Billesdon Therapies.

All treatments are drop in.

Entry on the door is CASH only: £2 adult. Prebook entry at www.leicestermuseums.org/whats-on/

Sessions and Treatments are paid directly to the provider.