

# brighton **buddhist** centre & **evolution** arts

## Yoga

Weekly drop-in sessions

**Monday morning 9.45am—11.00am**

Scaravelli-inspired yoga with Jane Manze

**Monday morning 10.15am—11.30am**

Vajrasati yoga with Khadine

**Monday evening 6.15pm—7.30pm**

Vajrasati yoga with Jim

**Tuesday early morning 7.00am—8.00am and 8.15am—9.15am**

Vajrasati yoga with Jim

**Wednesday morning 10.00am—11.15am**

Gentle chair-based yoga with Lisa

**Thursday lunchtime 12.30pm—1.45pm**

Vajrasati yoga with Khadine

**Friday morning 10.00am—11.15am**

Mindful yoga with Eva

**Friday lunchtime 12.00pm—1.15pm**

Vajrasati yoga with Pablo

**Friday evening 6.30pm—7.45pm**

Vajrasati yoga with Jim

**Saturday morning 9.15am—10.30am**

Vajrasati yoga with Jim

**Sunday morning 10.00am—11.15am**

Vajrasati yoga with Khadine & Pablo

**£12 per class / £10 concession**

For latest info check our websites:

[www.brightonbuddhistcentre.co.uk](http://www.brightonbuddhistcentre.co.uk) [www.evolutionarts.org.uk](http://www.evolutionarts.org.uk)