

# Elevate Yoga Scotland

## Winter Timetable

### Monday Weekly Classes

**Monday Night Yoga Perth (Beginners/Mixed Level Hatha Yoga)**  
5.15-6.15pm & 6.30-7.30pm weekly (excludes 17th Dec - 12th Jan)  
The Nest, 49 York Place, PH2 8EH

### Friday Morning Winter Warmer Workshops

Soothing, cosy yoga sessions with deep relaxation,  
Fortnightly from Friday 8th Nov-20th Dec 2019, 10-11.30am,  
The Heated Conservatory,  
Glendoick Garden Centre, PH2 7NS

### Saturday Mini Retreat Workshops

Relaxation & Yoga Mini Retreat Workshops with hot tea,  
deep aromatherapy relaxation and a calming yoga session,  
Saturday 30th November 2019, 3-4.30pm  
Saturday 25th January 2020, 10.30am-12pm  
The Madoch Centre, St Madoes, PH2 7FF

### Sunday Workshops for Men

Yoga for Men Monthly Workshops  
Sunday 3rd November 2019, 4-5.30pm  
Sunday 12th January 2020, 4-5.30pm  
Scotland All Strong, Perth, PH1 5ED



[www.elevateyogasotland.co.uk](http://www.elevateyogasotland.co.uk)

