

OLD TOWN YOGA

NO. 2
OCT/NOV 2017

AN OLD TOWN GIRL TEACHING OLD TOWN YOGA

HELLO AGAIN EVERYONE!

WELL THAT WAS A BLOODY CONFUSING MONTH, I CAN'T APOLOGIES ENOUGH FOR ALL THE TIME AND VENUE CHANGES! THANK YOU ALL SO MUCH FOR BEARING WITH ME!

ANY WHO, I HOPE YOU ALL ARE WELL AND FEELING GOOD IN THIS BEAUTIFUL AUTUMN SEASON (MY PERSONAL FAVOURITE SEASON OF THE YEAR- GOTTA LOVE LEAVES ALL IN YOUR FACE!)

BY THE TIME THIS NEWS LETTER IS OUT MY NEW CLASSES WILL BE STARTING (YAY) I PERSONALLY AM VERY EXCITED ABOUT THEM ALL, WE HAVE SOME AMAZING NEW STUDIOS TO PRACTICE IN ON NEW DAYS AND TIMES WHICH I HOPE SUIT YOU GUYS!

THE PIER HAVE DECIDED TO RENT ME OUT THE BIRCH ROOM IN THE CENTRE BUILDING ON THE PIER, THESE CLASSES WILL BE MONDAYS 10:30-11:30AM AND FRIDAY 10:30-11:30AM, AGAIN IF YOU COULD PLEASE BRING YOUR OWN MATS THAT WOULD BE GREAT (AND NOW WE DON'T HAVE TO WORRY ABOUT GETTING ALL WET AND WINDY, SO YOU CAN LEAVE THE WATERPROOFS AT HOME HAHA <3)

ALSO THE AMAZING WELLINGTON CENTRE'S YOGA STUDIO (IT'S BLOODY BEAUTIFUL IN THERE IF YOU HAVEN'T BEEN) WILL BE THE VENUE FOR AN END-OF-WEEK FLOW CLASS ON FRIDAYS AT 5:15-6:15PM, SO ALL OF YOU 9-5'ERS CAN GET A WEE STRETCH IN BEFORE YOU ENJOY YOUR WEEKEND!

CLASSES ARE AS EVER STILL AT THE WONDERFUL CROFT ROAD DANCE STUDIO, MONDAY IS NOW AT 7-8PM (CANDLELIT CLASS) AND THURSDAY IS AS USUAL AT 9:30-10:45AM.

I HAVE ALSO BEEN APPROACHED BY A BEAUTIFUL COUPLE IN BEXHILL WHO HAVE AN AMAZING STUDIO, AS TO WHETHER I WANT TO HOLD CLASSES THERE, AND I KNOW THAT MANY OF YOU GUYS HAVE REQUESTED FOR MORE EVENING CLASSES (AND DUE TO THE HIGH DEMAND IN HASTINGS I HAVEN'T BEEN ABLE TO FIND ANYWHERE) SO IF ANYONE WOULD BE INTERESTED IN BEXHILL BASED CLASSES PLEASE DO LET ME

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MONDAY 10:30-11:30AM (PIER CLASS:INDOORS)
MONDAY 7:00-8:00PM (CANDLELIT CLASS:CROFT ROAD)
WEDNESDAY 10:30-11:30AM
(PIER CLASS:OUTDDORS, RUNS UNTIL END OF OCTOBER)
THURSDAY 9:30-10:45AM (CROFT ROAD)
FRIDAY 10:30-11:30AM (PIER CLASS:INDOORS)
FRIDAY 5:15-6:15PM (WELLINGTON CENTRE)

-PRIVATE CLASSES ALWAYS AVAILABLE-

MAIN STUDIO:
2 CROFT ROAD, HASTINGS OLD TOWN, TN34 3HJ
& HASTINGS PIER

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KNOW! (THE STUDIO IS SO BLOODY AMAZING- IT HAS CLOUDS FLOATING FROM THE CEILING!) IF YOU WOULD BE LET ME KNOW WHAT DAYS/TIMES YOU THINK WOULD BE BEST FOR YOU AND I'LL ARRANGE SOME!

THANK YOU ONCE AGAIN FOR SUPPORTING MY CLASSES (AND TAKING THE TIME TO READ THIS PANTS 'NEWS LETTER') HOPE YOU ALL ARE FEELING GOOD AND SO MUCH LOVE TO YOU ALL! PLEASE DO CONTACT ME IF YOU HAVE ANY QUESTIONS ABOUT CLASSES (OR JUST WANT TO SAY HI!)

HANNAH X
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P.S. THE PIER HAVE INFORMED ME THAT THE INDOOR SPACE ISN'T AVAILABLE ALL THE TIME, THE FOLLOWING DAYS THE SPACE IS BEING USED SO THERE WILL BE NO CLASS (BUT I'LL REMIND YOU CLOSER TO THE TIME ANYWAY <3)

OCTOBER 2017: MONDAY 23RD OCTOBER 2017 AND FRIDAY 27TH OCTOBER 2017
DECEMBER 2017: FRIDAY 21ST DECEMBER 2017, MONDAY 24TH DECEMBER 2017 AND FRIDAY 31ST DECEMBER 2017
MARCH 2018: FRIDAY 2ND MARCH 2018 AND MONDAY 5TH MARCH 2018

