



LOWER SHAW FARM

Old Shaw Lane, Shaw,
Swindon, Wiltshire, SN5 5PJ

Tel: 01793 771080

enquiries@lowershawfarm.co.uk

www.lowershawfarm.co.uk

Yoga In The Hayloft

Are you looking for a small friendly Yoga Class in Swindon?

Our yoga studio is an airy room with old wooden beams, and a bamboo floor. It is well equipped with mats, bolsters, blocks and cushions. The teachers are all very experienced, and we have classes of various styles and levels.

Monday

5.45pm – 7.15pm

Yoga for Beginners and All

Teacher: Anthony Whitehead

Price: £7 (Drop in class, just turn up.)

7.30pm – 9pm

Beginners Hatha Yoga Class

Teacher: Maria Marchese

Price: £6 (Drop in class, just turn up.)

Tuesday

6.00pm – 7.30pm

Yoga for Beginners

Teacher: Jen Macdonald

Price: £5 (Drop in class, just turn up.)

7.30pm – 9pm

Yoga for Beginners and All

Teacher: Ali Wade

Price: £5 (Drop in class, just turn up.)

Wednesday

5.45pm – 7.15pm

Beginners Hatha Yoga Class

Teacher: Maria Marchese

Price: £6 (Drop in class, just turn up.)

7.30pm – 9pm

Yoga for Beginners and All

Teacher: Surekha Patel

Price: £7 (Drop in class, just turn up.)

Thursday

10.00am – 11.00am

Therapeutic Yoga for Back, Neck & Shoulders

Teacher: Raziya Sacranie

Price: £90 for 10 weeks taken over 12 consecutive weeks

Please contact Raziya on 07929 564 265 or visit: www.raziyasacranie.com

Friday

10.00am – 11.00am

Therapeutic Yoga for Back, Neck & Shoulders

Teacher: Raziya Sacranie

Price: £90 for 10 weeks taken over 12 consecutive weeks

Please contact Raziya on 07929 564 265 or visit: www.raziyasacranie.com

Thursday Monthly Courses

6.30pm – 8pm

First Sunday
of the month

Rest and Renew

Teacher: Theo Wildcroft

Price: £9 (cheaper for multiple bookings)

Please contact Theo at theo@wildyoga.co.uk - or visit www.wildyoga.co.uk

6.30pm – 8pm

Third Sunday
of the month

Yin Yoga

Teacher: Anthony Whitehead

Price: £7 (8 places available each month)

Please book with Anthony: anthonyyoga@aol.co.uk