

Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						Workshops & courses	CLOSED
		10.00-11.15 Yoga For Pregnancy					
Lunchtime	12.30 -13.00 Lunchtime Meditation (Level 1)					12.00 - 17.00 Drop In Day Therapies & Treatments only	CLOSED
		13.00 -13.45 Dynamic Boost (Level 1)	13.00 -13.30 Lunchtime Meditation (Level 2)	13.00 -13.45 Dynamic Boost (Level 1)			
Evening	17.15 - 18.45 Hatha Yoga (Level 1)	17.15 - 18.45 Hatha Yoga (Level 1)	17.15 - 18.15 Pilates (Level 1)	17.15 - 18.45 Astanga Yoga (Level 1)	17.15 - 18.15 Pilates (Level 1)		CLOSED
	19.00 - 20.30 Astanga Yoga (Level 2)	19.00 - 20.30 Core Strength Vinyasa Yoga		19.00 - 20.30 Hatha Yoga (Level 1)			

For further information or to make a booking
 call 07905282863
 email christa@heartandspace.com
www.heartandspace.com



Prices

STUDIO CLASSES

Evening Class Passes (3 month expiry from date of purchase)

Hatha/Astanga/Core Strength Yoga	£8.00	90min	6 classes	£45.00	£7.50 per class*
Pilates	£7.50	60min			
Lunchtime relaxation	£3.50	30min	10 classes	£65.00	£6.50 per class*
Yoga Dynamic Boost	£5.00	45min			
Yoga for Pregnancy	£8.00	75min	20 classes	£120.00	£6.00 per class*
			Yearly unlimited	£350.00	

THERAPIES/TREATMENTS

1-1 Yoga Therapy/Individual Tuition	£30 per hour
Indian Head Massage	£25.00 / 30min
Deep Tissue Massage	£50.00/ 60min
Aromatherapy Massage	£45.00/ 60min
Thai Yoga Massage	£50.00/ 60min
Reiki	£50.00/ 60min
Reiki inc. chakra balancing & Crystals	£55.00/ 60min
Reflexology	£45.00/ 40min
Nutritional Therapy	£50.00/ 2 x consultations
Tarot Reading or Palmistry	£25.00

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Heart + Space Wellness Centre, 10 Fletchers, Walk Paradise Circus, Birmingham, B3 3HJ

