

Bristol  Saturday 12th October 2019

Yoga Trail

6 studios will open their doors to everyone

Bristol 

Yoga Trail

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Yogasara Studio



FREE yoga classes



Come in, chat, try our classes, explore something new



Come along and join in the 7th annual **Bristol Yoga Trail**

Create your own yoga trail by coming to different studios and classes, or just drop-in for one class. Everyone is welcome to all the classes, simply turn up and enjoy.

Yogawest
Denmark Place, Bishopston, BS7 8NW
www.yogawest.co.uk
Established over 30 years ago, Yogawest is the oldest and largest yoga space in Bristol, with two beautiful studios set at the end of a peaceful lane just off the Gloucester Road. Drop in classes run every day for all levels of ability with highly experienced teachers. Yogawest specialises in Iyengar yoga, known for its use of props, postural precision and suitability for newcomers of all ages.

Bristol YogaSpace
Princes' Place, Bishopston, BS7 8NP
www.bristolyogospace.co.uk
YogaSpace is a yoga and therapy centre specialising in breath-centred yoga practice and tuition. Classes are individualised for each person's body and mind and we are the home of Viniyoga in Bristol. Ideal for beginners, improving health issues or to develop your practice, knowledge and experience of yoga.

Yogasara
10-12 Picton Street, Montpelier, BS6 5QA.
www.yogasara.co.uk
Yogasara is a community interest company bringing Yoga back to its roots in community. With highly skilled teachers, a friendly studio and a broad range of classes you'll find what you need at Yogasara. Discover vibrant and powerful wellbeing

Yogafurie
201 Ashley Down Road, Bishopston BS7 9DD
www.yogafurie.com
Yogafurie offers Yoga & Hot Yoga for all abilities in our bright and beautiful purpose built studio. Try an exciting and diverse range of Hot Yoga styles, from meditative to challenging and dynamic. Or, enjoy regular room temperature Yoga held in our second practice space. If you're coming for Hot Yoga, please bring a towel to place over your mat and some water. To find out more about Teacher Training, book your space for lunch.



Bristol City Yoga
16 Backfields Lane, BS2 8QW
www.bristolcityyoga.co.uk
A sanctuary at the heart of the Stokes Croft community for over 10 years. With two dedicated yoga studios where you'll find a warm welcome, brilliant tuition and authentic yoga. Equipment and changing rooms are available.

Yoga on the Square
27 Portland Square, BS2 8SA
www.yogaonthesquare.co.uk
Yoga on the Square is a family run health & wellbeing centre located in the heart of Bristol. Set in a beautiful 18th Century building at 27 Portland Square, we have community at the heart of what we do. Our space is open for connection, learning and teaching both on and beyond the mat.

Schedule of **FREE** yoga classes

No need to book, drop-in on the day and enjoy. All equipment provided. Further class information on the Yoga Trail blog or individual studio websites. Arrive early to get your place!



	Yogawest	Bristol YogaSpace	Yogasara	Yogafurie		Bristol City Yoga	Yoga on the Square Main Studio
				Hot Yoga Studio	Studio 2 (not-hot!)		
8am				8am-9am Classic Furie Hot Yoga	8.30am-9.30am Pranayama Breath & Meditation		8am-9am Ashtanga
9am		8.30am-9.30am Viniyoga All Levels	9am-10am Energising Morning Flow		9.45am-10.45am Pregnancy Yoga		9.15am-10.15am Chakra Yoga
10am	9.30am-10.45am Beginners	10am-11am Pregnancy Yoga	10.30am-11.30am Deep Flow & Yoga Nidra	10am-11am Core Deep Hot Yoga	11am-11.45am Mum/Dad & Baby Yoga	10am-11am Vinyasa Flow & Singing Bowls	10.30am-11.30am Energising Flow & Meditation
11am	11am-12.30pm General	11.45am-1pm Newcomers to Viniyoga	12pm-1pm Beginners Yoga	12pm-1pm Dreamtime Yoga	12.15pm-1.45pm Bite Size Teacher Training Chat & Lunch	11.15am-12.15pm Beginners Yoga	11.45am-12.45pm Creative Vinyasa Flow
12pm	12.45pm-1.45pm Family	1.30pm-2.30pm Yoga for Beginners	1.30pm-2.30pm Vinyasa Flow	2pm-3pm Hot Yin Tonic		12.30pm-1.30pm Hatha Flow	1pm-2.15pm Dharma Yoga & Nidra
1pm						1.45pm-2.45pm Restorative & Yoga Nidra	2.30pm-3.30pm Power Flow
2pm	2pm-3pm Beginners						3.45pm-4.45pm Yoga for Beginners
3pm		3pm-4pm Viniyoga All Levels	3pm-4pm Primal Breath Flow			3pm-4pm Yin & Sound	5pm-6pm Mindful Movement & Meditation
4pm	4pm-5.15pm Beginners		4.30pm-5.30pm Wild Women	4pm-5pm Glow Flow Yoga		4.15pm-5.45pm Teacher Training Taster	6.15pm-7.15pm Vinyasa: Flow to chill
5pm							
6pm	5.30pm-6.45pm Restorative		6pm-7pm Therapeutic Yoga				
7pm							
8pm			7.30pm-9.30pm Closing Kirtan				Yoga on the Square – Yoga Room
9pm							2.30pm-3.30pm How yoga inspired us: a talk by Mel & Devaki



This year's YogaTrail is raising money for the Off the Record charity, donations on the day very welcome with all proceeds going directly to charity. Off the Record provide 1-1 counselling, specialist youth work, training and health promotion for young people in Bristol and South Gloucestershire.
www.otrbristol.org.uk



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More information at:
<https://bristol-yoga-trail.wordpress.com>
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 @bristol-yoga-trail

