



on route
wellbeing • your way

Weekly Timetable

Monday

6-7.15pm Hatha Yoga with Jo Sumner*
7.30-8.45pm Meditation and relaxation with Jo Sumner*

Tuesday

10.15-11.45am Ealing Guitar Club with Josh Lloyd*
6.30-7.30pm..... Vinyasa Yoga with Benaisha Daruwalla*

Wednesday

7.15-8.15am.....Get up and Flow – Vinyasa Yoga with Benaisha Daruwalla
11am-12.15pm Yoga for long-term health conditions with Stefania Morosi
12.30-1.30pm Prenatal Yoga with Rebecca Tieken
2-3pm Postnatal Yoga with Rebecca Tieken
6.30-7.45pm Hatha Yoga with Jo Sumner*
8-9.15pm Hatha Yoga with Jo Sumner*

Thursday

9.30-10.30am.....Pilates with Adrienn Vass
7-8pm Mindfulness with Annabelle Williams
8.15-9.15pm Restorative Yoga with Tzaddi Allick

Friday

10.15-11.45am Iyenger Yoga with Suzanne Gribble*

Also available by appointment:

- **Counselling**
- **Coaching**
- **Massage**
- **Acupuncture**

For more details call 020 3761 2964, or book online at www.onroutehealth.co.uk

* For information and bookings contact the teacher directly, please ask for details.