**CHC-Lee LIVE ONLINE CLASS Timetable April 2020**

**(Detail on classes below)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day / Time** | **Morning** | **Afternoon** | **Evening** |  |
| **MONDAY** | **Qi Gong (Chi Kung)**  **8:00 -8:45**  - Sally Grinhey  Beginners welcome  [Click here to book](mailto:sgrinhey@yahoo.co.uk) | **Tai Chi 11.15-12.15**  - Martin Gatter  Beginners welcome  [Click here to book](mailto:martin@shikon.com) | **YOGA** - **7.30-8.45pm**  **-** Nicky Lowe  - General Level Iyengar  Suitable for all incl. beginners  [Click here to book](mailto:nicky.lowe@icloud.com) |  |
| **TUESDAY** | **YOGA 9.30 – 10.45**  - Anna Ferla  Dynamic Hatha Yoga  [Click here to book](https://bookwhen.com/annaferlayoga" \l "focus=ev-syfm-20200407093000) | **DAISY BABY TINIES** **1-2pm** - Louise Dodimead from 5th May – see below for detail [Click here to book](https://thedaisyfoundation.com/teacher/louise-dodimead/) |  |  |
| **WEDNESDAY** |  |  | **YOGA 7.30-8.45pm**  - Nicky Lowe  - General Level Iyengar  Suitable for all incl. beginners  [Click here to book](mailto:nicky.lowe@icloud.com) | **DAISY BIRTHING** -Louise Dodimead **7.30-9pm** from 8th April – see below for detail  [Click here to book](https://thedaisyfoundation.com/teacher/louise-dodimead/) |
| **THURSDAY** |  |  |  |  |
| **FRIDAY** |  |  |  |  |
| **SATURDAY** |  |  |  |  |
| **SUNDAY** |  |  |  | **DAISY BIRTHING** - Louise Dodimead **7.30-9pm** from 10th May -see below for detail  [Click here to book](https://thedaisyfoundation.com/teacher/louise-dodimead/) |

**CHC ONLINE CLASS DETAILS**

We have a range of online classes to keep you fit and active, and help you stay connected during this time.

To book-in for your online CHC Studio class, please click the link for the class you would like to join. Please do this well in advance of the class so you can touch base with your teacher, complete any registration or payment.

Remember to make sure your environment is safe, like having an obstacle and slip-free floor space, and follow safety advice from your online Studio teacher. Please check back here for more online classes coming your way!

Enjoy your class!

We hope to see you in person at the Practice soon!

**Iyengar Yoga with Nicky Lowe** *- Mon & Wed 7.30 – 8.45pm*

* [Click here to book](mailto:nicky.lowe@icloud.com)
* £5 per class/ concessions available
* General Level Iyengar Yoga Class suitable for beginners and those continuing their practice
* ***Yoga will help to support your respiratory, circulatory and immune systems and coming together in an online class is fun!***
* You will receive a link to use ZOOM live stream once you have booked

**Hatha Yoga with Anna Ferla** *- Tues 9.30-10.45am*

* [Click here to book](https://bookwhen.com/annaferlayoga" \l "focus=ev-syfm-20200407093000)
* £5 per class, £25 for 6
* Not suitable for beginners.
* [You will receive a link to use ZOOM live stream once you have booked](https://bookwhen.com/annaferlayoga" \l "focus=ev-syfm-20200407093000)

**Daisy Birthing with Louise Dodimead** [Click here to book](https://thedaisyfoundation.com/teacher/louise-dodimead/)

* Daisy Birthing Wednesday 7:30-9pm 8th April - 13th May; 6x 1.5hour   
  classes £60 total (discounted price) - suitable from 14 weeks
* Daisy Birthing Sunday 7:30-9pm 10th May - 14th June; 6x 1.5hour   
  classes £60 total (discounted price) - suitable from 14 weeks 1.5hour classes   
  suitable from 14 weeks
* Daisy Baby Tinies Tuesday 1-2pm 5th May- 9th June; £36 (discounted price)   
  - suitable from 6 weeks to 4 months of age

**Tai Chi with Martin Gatter** [Click here to book](mailto:martin@shikon.com)

* Mondays 11.15-12.15pm
* Beginners welcome
* £10 per session (paid by the term)

**Qi Gong with Sally Grinhey** [click here to book](mailto:sgrinhey@yahoo.co.uk)

* Mondays 8:00 – 08:45
* Online sessions during COVID-19 lockdown:
* £5 per session
* Classes are taught by a Taoist Arts Organisation (TAO) Senior Instructor.
* The TAO is a ‘not for profit’ organisation which provides ongoing tuition and support for it instructors and students.  It can only do this by setting an annual membership fee.
* This fee is usually payable within a couple of weeks of training but during these difficult times it will be payable on the 8th training session.
* To comply with the terms of our insurance cover please note that –
  + Participation in online sessions is totally at your own risk.  Please ensure that you have adequate, uncluttered non-slip flooring space in order to practice.
  + Each session will be recorded.