



Welcome to the Mala Shala

How to book your space

Advance booking

The Mala Shala is located in our garden, so both parking and spaces are limited. So that we know how many students are coming, we provide booking in advance for the half term. (See term dates on page 2)

Trying a class

If you want to come and try a class before you book this can be arranged. Please contact us to see if a space is available in the class you'd like to try.

Before you book

Please email us to check that there is a space available.

For Yoga contact Yasmin on yasmin@malashala.co.uk

For Zen contact Boz on boz@malashala.co.uk

Paying the fees

Please check the table below to see the prices for the current half term block. You can pay by bank transfer if you wish, just let us know when you have so we can confirm your booking in your chosen class. You can join us mid-term if we have space, just ask. Cash or cheque is also fine, please bring it with you to your first class.

Name: Yasmin Kay

Bank: Smile Bank

Sort Code: 089286

Account Number: 05126523

Swapping classes

If due to illness or unforeseen circumstances you are unable to make your regular slot you can swap into another one. We will do our best to find you a space wherever possible.

Supporting regular practice - Yoga top up classes

If you have signed up a half term block you are eligible for top up sessions to support your regular practice. Contact us the day before class and if there is space you can book in for a single class for a one off fee. Just bring cash on the day.

Top-up Yoga Fee : £10



Booking for Sept-Oct 2019

Fees

Yoga	1 class per week	5 classes	£45
Yoga	2 classes per week (discounted)	10 classes	£80
Zen	Suggested donation	Per session	£5

Fees for Zen sessions are a suggested donation that go towards running costs and selected charities.

Classes, Timetable and Dates...

Monday

Zen Meditation - Silent sitting	8-8.45am	16/09/2019 - 14/10/2019	5 sessions
Gentle Yoga	10-11.30am	16/09/2019 - 14/10/2019	5 classes
Ashtanga Yoga Mysore	6.30-8pm	16/09/2019 - 14/10/2019	5 classes

Tuesday

Gentle Yoga	5.30-7pm	17/09/2019 - 15/10/2019	5 classes
Ashtanga Yoga Led	7.30-9pm	17/09/2019 - 15/10/2019	5 classes

Wednesday

Ashtanga Yoga Mysore	7-8.30am	18/09/2019 - 16/10/2019	5 classes
Ashtanga Yoga Led	9.30-11am	18/09/2019 - 16/10/2019	5 classes
Revitalising Yoga	1-2.30pm	18/09/2019 - 16/10/2019	5 classes
Zen Meditation - Guided	8-9pm	18/09/2019 - 16/10/2019	5 sessions

Thursday

Revitalising Yoga	9.30-11am	19/09/2019 - 17/10/2019	5 classes
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Friday

No classes

Saturday

Ashtanga Yoga Mysore	9-10.30am	21/09/2019 - 19/10/2019	5 classes
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Sunday

No classes