



# JORDANS COURTYARD Wellness & Yoga



Yoga Barn

## The Yoga Barn Spring Timetable 2025

All classes must be pre booked and we have a 24 hour cancellation policy.

### Wednesday

Slow Flow	09.30 - 10.30	Carolyn
Qigong Tai Chi	11.00 - 12.00	Monica
Pilates	12.15 - 13.15	Kirsty
Restorative Yoga	15:00 - 16.00	Carolyn
Pilates	16.15 - 17.15	Carolyn

### Thursday

Holistic Hatha Yoga	09.15 - 10.15	Zoe
Mindful Yoga	10.45 - 11.45	Steph
Gentle Years Mindful Yoga	12.00 - 13.00	Tanya
Pilates	13.30 - 14.30	Kirsty
Advanced Chu'an Tai Chi	15.00 - 16.00	Monica

### Friday

Intermediate Pilates	09.30 - 10.30	Kirsty
Pilates	10.45 - 11.45	Kirsty
Gentle Vinyasa Flow	12.00 - 13.00	Annabel
Iyengar Yoga	14.00 - 15.00	Tanya

### Saturday

Holistic Hatha Yoga	10.00 - 11.00	Carolyn
Pilates	11:30 - 12:30	Sharla

Workshops/Special Classes - Please Check Our Website/Mindbody Online For Details

Prices: £14 per single session  
£60 for any 6 sessions (pass valid for 6 months)

#### TERMS & CONDITIONS

- 6 class pass valid for 6 months and includes your choice of any 6 classes
  - Valid for use in the Yoga Barn only and not transferable.
  - Non refundable
- We have a 24 hour cancellation policy for all classes and workshops

E: [wellness@jordanscourtyard.co.uk](mailto:wellness@jordanscourtyard.co.uk) E: [yoga@jordanscourtyard.co.uk](mailto:yoga@jordanscourtyard.co.uk)

T: 01460 298 548 W: [jordanswellnessandyoga.co.uk](http://jordanswellnessandyoga.co.uk)

A: Jordans Courtyard, Horton Cross, Ilminster TA19 9PT