Tree of Life
INTEGRATED HEALTH CENTRE

Class & Studio Timetable

143 Portland Road
Hove, East Sussex
BN3 5QJ

Monday

Energising Neuro Flow
8:00 - 9:00am
with Emily Kennedy-Barnes
£11 per class

Scaravelli Yoga
9:30 - 10:30am
with Clare Parr
£11 per class
£60 for course of 6

Scaravelli Yoga
10:45 - 11:45am
with Clare Parr
£11 per class
£60 for course of 6

Somatic Mondays
12:00 - 1:00pm
with Tiffany Mendel
£14 per class
£60 for 5 weeks

Weight Loss Group
1:15 - 2:30pm
with Donna Valaskova
£80 for 5 weeks

Low-Cost Acupuncture
Pre-book only
1:30 - 6:20pm
with
Paul Morris &
Robert Foerster
£25 - £40
Sliding Scale
BAcC Member www.acupuncture.org.uk

Yoga and Mindfulness-based Meditation
7:45 - 9:15pm
with Khadine Morcom
7 weeks for £84

Tuesday

Nourishing Yoga
8:15 - 9:00am
with Clare Parr
£10 per class
£54 for course of 6

Low-Cost Acupuncture
Pre-book only
10:00 - 6:00pm
with
Claire Diola,
Drea Campos Little,
& Paul Morris
£25 - £40
Sliding Scale
Suitable for all patients
Several people are treated together in a spacious & beautiful studio room
BAcC Member www.acupuncture.org.uk

Beginners to Intermediate Pilates
6:30 - 7:30pm
with Siofra Lamb
£13 per class

PRE-BOOKING REQUIRED

Wednesday

Yoga Flow
8:15 - 9:15am
with Michelle De Burgh
£12.50 per class

Vajrasati Yoga
9:30 - 11:00am
with Jo Shaw
£14 per class
£65 for 5 or £120 for 10

Postnatal Yoga
Bring your Baby!
11:15 - 12:15pm
with Claire Russell
£13 per class or
£55 for 5 classes

Pilates General Level
12:30 - 1:30pm
with Keri Lummis
£13 per class

Back Care Yoga
1:45 - 3:00pm
with Suzy Greenwood
£15 per class

Junior Lions
Yoga for ages 4-8
3:30 - 4:30pm
with Emily Ooi
£10 per class or
£60 for block of 7

Teens Yoga
4:45 - 5:45pm
with Lucy Small
£54 for 6 weeks or
£12 per class

Pilates General Level
6:15 - 7:15pm
with Anna P
£60 for course of 6
or £12 per class

Embodied Yoga
7:30 - 8:30pm
with Iona Naylon
£10-£12 sliding scale

Thursday

Rise & Shine Yoga
7:30 - 8:00am
with Iona Naylon
£8 per class

Prayanama & Asana
8:15 - 9:15am
with Tiffany Mendel
£14 per class / £60 for 5

Yoga Music Flow
9:30 - 10:30am
with Lucy Small
£60 for 6 weeks or
£13 per class

Baby Massage
10:45 - 11:45am
with Sally Reason
£58 for 5 weeks

Open Level Beginners Pilates
12:00 - 1:00pm
with Summer Giles
£13 per class

Low-Cost Acupuncture
Pre-book only
2:00 - 6:00pm
with
Rufus Jordan
& Jonquil Pinto
£25 - £40
Sliding Scale
BAcC Member www.acupuncture.org.uk

Intermediate Pilates
6:15 - 7:15pm
with Rachel Attmere
£60 for 6 weeks

Pilates Mixed Level
7:20 - 8:20pm
with Rachel Attmere
£60 for 6 weeks

Online Qi Gong
7:00 - 8:00pm
with Daniel Scott
£10 per class

Friday

Vajrasati Yoga
8:30 - 9:30am
with Jo Shaw
£12 per class

Mini Lions
Yoga for ages 2-5
9:45 - 10:30am
with Emily Ooi
£9 per class or
£54 for block of 7

Pilates Gentle / Beginner
11:00 - 12:00pm
with Emily Wilson
£69 for 6 classes

Online Pilates General Level
12:15 - 1:15pm
with Emily Wilson
£60 for 6 classes

Pilates Beginner Plus
1:30 - 2:30pm
with Emily Wilson
£69 for 6 classes

Yoga for Cancer
2:45 - 3:45pm
with Eva Sacchi
£56 for 5 weeks /
£12.50 per class

Pilates for Healthy Bones
4:00 - 5:00pm
with Patsy Westcott
£12.50 per class

Teens Meditation
5:15 - 6:15pm
with Juliet Wioland
£60 for 6 weeks
or £12.50 per class

Meditation for Women
6:30 - 7:30pm
with Juliet Wioland
£10 per class

Saturday

Vajrasati Yoga
9:30 - 10:45am
with Khadine Morcom
£8-£14 sliding scale
£55 for 5 or £100 for 10

Meditation
11:30 - 12:45pm
with Jana Krychtalkova
sliding scale £12 - £15
or £50 for 5 classes

Low-Cost Acupuncture
Pre-book only
1:30 - 5:30pm
with
Sarah Reynolds
& Robert Foerster
£25 - £40
Sliding Scale
BAcC Member www.acupuncture.org.uk

Sunday

Workshops and groups run on Sundays including:

Sound Baths
Women's Circle
Qi Gong Workshops
Writing Workshops
Community Yoga

and much more!
Please see website for details

Singing Group
5:00 - 6:30pm
with Sue Fairhurst
£5 per session

Meditation
7:00 - 8:00pm
with David Crean
donations
Pre-booking required

Book Online - www.tolcentre.com for details

Please check the online timetable at www.tolcentre.com for live updates & term dates