



360 Mind Body Soul – New Timetable for January 2024

Colour key:

Level 0	Suitable for anyone, any ability, can be done from bed.
Level 1	Suitable for those who can move a little bit
Level 2	Suitable for those who can move around fairly well, can sit and stand without too many issues and want to do a little movement/exercise without taxing the body too much
Level 3	Suitable for those who are ready to do more - ready to build strength and are able to work on standing poses in Yoga and lift light hand weights in strength work.
Level 4	Suitable for those who are feeling fairly fit, are able to moderate themselves sensibly and can manage cardio and strength work without set back.

Time zone note: **Times shown are UK time**, please adjust to your time zone below:

EU	+ 1
Asia Pacific Central Time	+ 12
New York	- 5
Vancouver	- 8

On-Demand Library

Please note that the following sessions will not be included in the On-Demand Library:

Tuesday Chanting Mantra

Wednesday Community Session

Thursday Evening Yoga Nidra

Friday Tea and Chat with Occupational Therapist

Following is a 1-page Timetable summary, then you will find a detailed version with full class descriptions.

Monday

1.00am – 1.30am	Yoga Nidra with Sam Loe. Level 0+ 2pm NZ
7.45am - 8.15am	Yoga with Suzy/Caroline Level 3+
8.45am - 9.30am	Cardio, HIIT and weights with Ross Level 4
11am - 11.30am	Yoga Nidra with Caroline/Nadine/Gillian Level 0
3pm - 3.30pm	Beginners weights with Ross Level 2/3
7.45 - 8.30pm	Stretch+Snooze: Gentle Yoga and Yoga Nidra with Gillian Level 2

Tuesday

8am - 8.30am	Mindfulness drop in with Annie Level 0
8.45am - 9.30am	General Yoga with Suzy Bolt Level 3
10.30am - 11.20am	RRR community class with Ross and Suzy Level 0-3
4.15pm-4.45pm	Chanting Mantra with Lisa Level 0
7.30pm - 8.30pm	Breathe/Stretch/Snooze with Caroline. Level 1+

Wednesday

1.00am – 1.30am	Yoga Nidra with Sam Loe. Level 0+ 2pm NZ
8.45am - 9.30am	Cardio, HIIT and weights with Ross Level 4
11am - 11.30am	Breathe with Caroline Phipps Level 0
3.30pm – 4.30pm	Community Session (run by members of the community)
8pm - 9pm	Yoga for deep sleep with Suzy Level 1+ (can be level 0)

Thursday

9.00 – 10.00	Yoga with Nadine Level 4
10.30- 12pm	RRR community class with optional after class chat. Level 0

5pm - 5.30pm	Mindfulness drop-in with Annie. Level 0
8pm - 8.30pm	Yoga Nidra - Caroline, Nadine, Gillian, Suzy. Level 0
Friday	
8.15am - 8.45am	Cardio and weights with Jo. Level 3/4
9.00am - 10.00am	Gentle end of week yoga with Suzy Level 2 (with the good news round up from the community)
1.45pm - 2.30pm	Tea and chat with Occupational Therapist, Sarah Bradley. Level 0
4pm - 4.30pm	Breathe with Hannah. Level 0

Monday

1.00am – 1.30am	Yoga Nidra with Sam Loe. Level 0+ 2pm NZ	A deeply restful practice done lying down or from a comfortable chair with the head supported. Designed to help you have conscious rest, Nidra helps the nervous system reset.
7.45am - 8.15am	Yoga with Suzy/Caroline Level 3+	This level 3+ class is designed to help you start your week with a full breath and a stretched body and mind. A lovely centering practice for those who feel able to do standing poses as well as seated.
8.45am - 9.30am	Cardio, HIIT and weights with Ross Level 4	This level 4 practice is designed to get your heart rate up and your body feeling strong. Options to do less and keep yourself safe are always mentioned but you have to be ready to make these decisions for yourself.
11am - 11.30am	Yoga Nidra with Caroline/Nadine/Gillian Level 0	A deeply restful practice done lying down or from a comfortable chair with the head supported. Designed to help you have conscious rest, Nidra helps the nervous system reset.
3pm - 3.30pm	Beginners weights with Ross Level 2/3	A fun and easy session with Ross to help those at level 3 try a bit more. Start with no weights and then add as you get more confident.

7.45 - 8.30pm

Stretch/Snooze: Gentle Yoga and Yoga Nidra with Gillian Level 2

This lovely class will offer you a gorgeous mix of short meditation, gentle stretching and then guided Yoga Nidra. Perfect for Level 2+ or just join for the Nidra - it's up to you. The perfect gift for our nervous systems.

Tuesday

8am - 8.30am

Mindfulness drop in with Annie Level 0

Open to anyone, our Mindfulness drops in sessions are a lovely way to feel like you are part of a community actively involved in taking care of your mind and body. A mindfulness practice allows us to notice our thoughts and choose kinder alternatives, leaving you feeling more peaceful and present.

8.45am - 9.30am

General Yoga with Suzy Bolt Level 3

A level 3+ class for those who can practice Yoga standing and engage with a more general Yoga class feel. Suzy teaches an Iyengar style class with props and instruction to help those who need assistance and it's paced well so those who want to work harder can whilst not pushing those who want to have a more gentle practice.

10.30 - 11.20

RRR community class with Ross and Suzy Level 0

Our RRR community sessions are a class of two parts. Some gentle exercises led by Ross and some deep rest with breath work, stretching and guided relaxation with Suzy. The RRR classes are chatty events, the community engage via the chat box and there is a lot of laughter as we work our way through the sessions, be aware that this might be too stimulating for you if you are noise sensitive and you may wish to focus on the other level 0+ classes first.

4.15pm - 4.45pm

Chanting Mantra with Lisa Level 0

Harnessing the power of the breathe and voice, this chanting practice is both lovely to listen to as well as join in. Chanting helps to tone the vagus nerve and is an incredibly beneficial practice for the nervous system. Anyone can attend, join in at your own pace.

7.30pm - 8.30pm

Breathe/Stretch/Snooze with Caroline. Level 2

Like an RRR session without all the chat! Some breath work, some gentle Yoga movements and Yoga Nidra to finish. 20/20/20.

Wednesday

1.00am – 1.30am	Gentle Breath with Sam Loe. Level 0+ 2pm NZ	This class is all about helping you work to regulate the nervous system with the most powerful tool we have, our breath. Sam guides you gently through well explained exercises and leaves you feeling at home in your body.
8.45am - 9.30am	Cardio, HIIT and weights with Ross Level 4	This level 4 practice is designed to get your heart rate up and your body feeling strong. Options to do less and keep yourself safe are always mentioned but you have to be ready to make these decisions for yourself.
11am - 11.30am	Breathe with Caroline Phipps Level 0	This class is all about helping you work to regulate the nervous system with the most powerful tool we have, our breath. Caroline guides you gently through well explained exercises and leaves you feeling at home in your body.
3.30pm - 4.30pm	Community Session	Various different creative and engaging sessions led by experts from within our community. (This session is not included in the On-Demand Library)
8pm - 9pm	Yoga for deep sleep with Suzy Level 1	This class is open to everyone. The focus is on doing less and landing home in your body. Practice from a mat or your own bed and gently prepare the mind and the body for a deep, peaceful sleep.

Thursday

9.00 – 10.00	Yoga with Nadine Level 4	General Yoga level 4+ with Nadine might involve sun saltuations and other flow style sequences. Her teaching style is lovely and gentle but the sessions might challenge those who have yet to master the level 3 sessions fully.
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10.30- 12pm	RRR community class with optional after class chat. Level 0	Our RRR community sessions are a class of two parts. Some gentle exercises led by Ross and some deep rest with breath work, stretching and guided relaxation with Suzy. The RRR classes are chatty events, the community engage via the chat box and there is a lot of laughter as we work our way through the sessions, be aware that this might be too stimulating for you if you are noise sensitive and you may wish to focus on the other level 0+ classes first.
5pm - 5.30pm	Mindfulness drop in with Annie. Level 0	Open to anyone, our Mindfulness drops in sessions are a lovely way to feel like you are part of a community actively involved in taking care of your mind and body. A mindfulness practice allows us to notice our thoughts and choose kinder alternatives, leaving you feeling more peaceful and present.
8pm-8.30pm	Yoga Nidra - Caroline, Nadine, Gillian, Suzy. Level 0	A deeply restful practice done lying down or from a comfortable chair with the head supported. Designed to help you have conscious rest, Nidra helps the nervous system reset.

Friday

8.15am - 8.45am	Cardio and weights with Jo. Level 3/4	This is a fast paced cardio session, great for level 3+ as long as you don't work with weights if you are new. There are always options to do more or less to suit your needs and its a fun session to start your day with .
9.00am - 10.00am	Gentle end of week yoga with Suzy Level 2	This lovely class starts with everyone attending sharing some good news in the chat box which is read out like a 'good news channel' - its fun and inspiring and no matter whats going on in the world, there are always glimmers of joy all around us that we can focus on. The practice is gentle and mostly on the mat with occasional standing options for those who feel like they can.

1.45pm - 2.30pm	Tea and chat with Sarah Bradley. Level 0	Sarah Bradley is our resident occupational therapist. She has loads of experience with the CFS/ME/Long Covid community via her NHS work. She is now working with us offering drop in group sessions to offer much needed advice, guidance and support for those who need it.
4pm - 4.30pm	Breathe with Hannah. Level 0	This class is all about helping you work to regulate the nervous system with the most powerful tool we have, our breath. Hannah guides you gently through well explained exercises and leaves you feeling at home in your body.