PEACE & PRANA

Your weekly online practice

07/10/2026 - 24/10/2026

Find your class. Choose your local time.

Live online | English only | All levels welcome

TUESDAY

Yoga for Every Body

UK	**07:30-08:30**
India	**12:00**
Philippines	**14:30**

60 min

Small Therapeutic Group

UK	**12:30-13:30**
India	**17:00**
Philippines	**19:30**

60 min | Maximum 5

Pranayama (breath) & Meditation

UK	**18:00-18:30**
India	**22:30**
Philippines	**01:00 +1**

30 min

WEDNESDAY

Chair Yoga

UK	**09:00-10:00**
India	**13:30**
Philippines	**16:00**

60 min

Chai & Chat

UK	**10:30-12:00**
India	**15:00-16:30**
Philippines	**17:30-19:00**

Free | 15-minute appointments

Pranayama (breath) & Meditation

UK	**12:30-13:00**
India	**17:00**
Philippines	**19:30**

30 min

THURSDAY

Small Therapeutic Group

UK	**09:00-10:00**
India	**13:30**
Philippines	**16:00**

60 min | Maximum 5

Yoga for Every Body

UK	**12:30-13:30**
India	**17:00**
Philippines	**19:30**

60 min

Chair Yoga

UK	**18:00-19:00**
India	**22:30**
Philippines	**01:00 +1**

60 min

FRIDAY

Pranayama (breath) & Meditation

UK	**07:30-08:00**
India	**12:00**
Philippines	**14:30**

30 min

Yoga Nidra & Deep Rest

UK	**12:30-13:15**
India	**17:00**
Philippines	**19:30**

45 min

Yoga for Every Body

UK	**18:00-19:00**
India	**22:30**
Philippines	**01:00 +1**

60 min

SUNDAY

Small Therapeutic Group

UK	**09:00-10:00**
India	**13:30**
Philippines	**16:00**

60 min | Maximum 5

Chair Yoga

UK	**10:15-11:15**
India	**14:45**
Philippines	**17:15**

60 min

Yoga Nidra & Deep Rest

UK	**12:30-13:15**
India	**17:00**
Philippines	**19:30**

45 min

Times shown are class starts; UK times also show the finish. +1 = the next day.

India and Philippines times change on 25 October. Use page 2 from that date. UK class times stay the same.

Private appointments: Wednesday / Friday 14:30 UK; Sunday 14:00 UK. Earlier options by arrangement. No regular classes on Monday or Saturday.

Outside the UK & Ireland? Complete registration, then contact Nicci before booking.

Click a class card, then choose your date and time in Calendly.

Calendly time zones: Philippines - China, Singapore, Perth | India - India, Sri Lanka Time | Bangladesh - Asia/Dhaka

Pass holders: use your personal scheduling link from your pass email.

PEACE & PRANA

Your weekly online practice

From 25/10/2026

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Live online | English only | All levels welcome

TUESDAY

Yoga for Every Body

UK	**07:30-08:30**
India	**13:00**
Philippines	**15:30**

60 min

Small Therapeutic Group

UK	**12:30-13:30**
India	**18:00**
Philippines	**20:30**

60 min | Maximum 5

Pranayama (breath) & Meditation

UK	**18:00-18:30**
India	**23:30**
Philippines	**02:00 +1**

30 min

WEDNESDAY

Chair Yoga

UK	**09:00-10:00**
India	**14:30**
Philippines	**17:00**

60 min

Chai & Chat

UK	**10:30-12:00**
India	**16:00-17:30**
Philippines	**18:30-20:00**

Free | 15-minute appointments

Pranayama (breath) & Meditation

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FRIDAY

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Yoga Nidra & Deep Rest

UK	**12:30-13:15**
India	**18:00**
Philippines	**20:30**

45 min

Times shown are class starts; UK times also show the finish. +1 = the next day.

From 25 October, India and Philippines times are one hour later; UK class times stay the same. UK evening classes suit UK and nearby Europe.

Private appointments: Wednesday / Friday 14:30 UK; Sunday 14:00 UK. Earlier options by arrangement. No regular classes on Monday or Saturday.

Outside the UK & Ireland? Complete registration, then contact Nicci before booking.

Click a class card, then choose your date and time in Calendly.

Calendly time zones: Philippines - China, Singapore, Perth | India - India, Sri Lanka Time | Bangladesh - Asia/Dhaka

Pass holders: use your personal scheduling link from your pass email.