PEACE & PRANA ONLINE

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Your weekly online practice

From 25/10/2026 to 27/03/2027 (UK GMT)

Live on Microsoft Teams | English only | Chair, wheelchair, sofa or mat | All levels welcome

Register before your first class. Use the buttons below to book one class or buy a four-class pass.

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Yoga for Every Body **UK 07:30 - 08:30** India 13:00 Philippines 15:30 Single £9 | 4 for £32	**Chair Yoga** **UK 09:00 - 10:00** India 14:30 Philippines 17:00 Single £9 | 4 for £32	**Small Therapeutic Group** **UK 09:00 - 10:00** India 14:30 Philippines 17:00 **Maximum 5 participants** Single £15 | 4 for £52	**Pranayama (breath) & Meditation** **UK 07:30 - 08:00** India 13:00 Philippines 15:30 Single £9 | 4 for £32	**Small Therapeutic Group** **UK 09:00 - 10:00** India 14:30 Philippines 17:00 **Maximum 5 participants** Single £15 | 4 for £52
Small Therapeutic Group **UK 12:30 - 13:30** India 18:00 Philippines 20:30 **Maximum 5 participants** Single £15 | 4 for £52	**Chai & Chat** **UK 10:30 - 12:00** India 16:00 Philippines 18:30 Free | 15-minute appointments Choose an appointment	**Yoga for Every Body** **UK 12:30 - 13:30** India 18:00 Philippines 20:30 Single £9 | 4 for £32	**Yoga Nidra & Deep Rest** **UK 12:30 - 13:15** India 18:00 Philippines 20:30 Single £9 | 4 for £32	**Chair Yoga** **UK 10:15 - 11:15** India 15:45 Philippines 18:15 Single £9 | 4 for £32
Pranayama (breath) & Meditation **UK 18:00 - 18:30** India 23:30 Philippines 02:00 +1 Single £9 | 4 for £32	**Pranayama (breath) & Meditation** **UK 12:30 - 13:00** India 18:00 Philippines 20:30 Single £9 | 4 for £32	**Chair Yoga** **UK 18:00 - 19:00** India 23:30 Philippines 02:00 +1 Single £9 | 4 for £32	**Yoga for Every Body** **UK 18:00 - 19:00** India 23:30 Philippines 02:00 +1 Single £9 | 4 for £32	**Yoga Nidra & Deep Rest** **UK 12:30 - 13:15** India 18:00 Philippines 20:30 Single £9 | 4 for £32

Single class: choose a date in Calendly and pay securely through Stripe. Pass: purchase first, then use your personal scheduling link to reserve each date. Payment for a pass alone does not reserve class places.

Book classes at least 4 hours ahead; Chai & Chat at least 24 hours ahead. Give 24 hours to cancel or reschedule. Pass holders: use the personal link from your pass email, not a purchase button.

Times shown are starts; UK also shows finish. +1 means the next day. UK class times stay the same when the clocks change on 25 October. Calendly shows available dates in your selected time zone.

Private appointments: Wednesday / Friday 14:30 UK; Sunday 14:00 UK. Earlier options by arrangement.

Register before your first class

info@peaceandprana.com

No regular classes on Monday or Saturday.