



# Charity 12 Hour Yogathon



Time	9-10am	10.-15 10.45	11-11.45	12- 12.30	12.45- 1.45pm	2-2.45pm	3- 3.45pm	4pm-5.15pm	5-30 – 6.45pm	7-7.45pm	8-9pm
<b>Teacher</b>	Unique Yoga Amanda	Titanium Fitness Julie	Titanium Fitness Julie	Jo Yoga  Jo	Jo Yoga  Jo	Central Wellness Lincoln Stevi	The Happy Yogi Tina	Pure Movement Yoga Liz	New Dawn Yoga Dawn	Jody 's Yoga  Jody	Unique Yoga Amanda
<b>Style</b>	'Greet the day' flow yoga. (All levels)	Chair yoga— a seated practice	Yoga for Athletes (All levels)	Kids Yoga (7 yrs +) Parents please stay in the building	Kundalini (All levels)	Family Yoga	Whole Body Stretch - (All levels)	Somatic Yoga (All levels)	Hatha - (All levels)	Sivananda (Intermediate)	Saturday night chill— yin style All levels

Saturday 17th February 2018 9am—9pm!

The Concert Hall—Branston Community Academy, Station Road, Lincoln. LN4 1LH

How to get involved ?



Unique Yoga

Step 1: Pick your class!

Step 2: Register your interest  Unique Yoga or email Amanda [uniqueyoga@outlook.com](mailto:uniqueyoga@outlook.com)

Step 3: Show up (first come first served mat spaces), pay what feels good and then practise yoga!