

# Zen to Yoga Ltd

Unit 4 Greenpark Drive  
Polmont  
FK2 0PZ



## ***Autumn & Winter Events 2024***

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Price</b>
September 29 <sup>th</sup> 14:00-16:00pm	Sound Bath Workshop	Studio	£30 Members £27
October 12 <sup>th</sup> 9:00-18:00hrs	One day Retreat	Broomhouse Castle, Menstrie	£80 Members £75
October 27 <sup>th</sup> 18:00-19:30pm	Candlelit Sound Bath Sunday	Studio	£15 Members £5
November 2 <sup>nd</sup> 15:00pm	Yoga Wine tasting	Studio	£15
November 10 <sup>th</sup> 14:00-16:00pm	Yoga for Hips Workshop	Studio	£30 Members £27
November 24 <sup>th</sup> 18:00-19:30pm	Candlelit Sound Bath Sunday	Studio	£15 Members £5
December 21 <sup>st</sup> 15:00-17:00pm	Christmas Flow and Meditation	Studio	£15 Members £5
December 29 <sup>th</sup> 16:00-17:30pm	Candlelit Sound Bath Sunday	Studio	£15 Members £5

***All events can be booked immediately!!!***

***Spaces limited so early booking is advisable.***

*To book direct in Studio or by email to [yoga@zen2.co.uk](mailto:yoga@zen2.co.uk)*

*Payment required to confirm booking.*