

## **Lime House Yoga 2018 course dates**

### **16 – 23 November 2018 – 7 day intensive residential**

- Friday 6 - 8pm,
- Saturday 10.15 – 7.15pm
- Sunday - Thursday 7.15 – 9.15am, 11 – 6pm
- Friday 8 – 4pm

### **11 – 13 January 2019**

- Friday 6 - 8pm, Saturday 10.15 – 7.15pm, Sunday 8 – 4pm

### **1 – 3 March 2019**

- Friday 6 - 8pm, Saturday 10.15 – 7.15pm, Sunday 8 – 4pm

### **22 – 24 March 2019**

- Friday 6 - 8pm, Saturday 10.15 – 7.15pm, Sunday 8 – 4pm

### **26 – 28 April 2019**

- Friday 6 - 8pm, Saturday 10.15 – 7.15pm, Sunday 8 – 4pm

### **17 – 19 May 2019**

- Friday 6 - 8pm, Saturday 10.15 – 7.15pm, Sunday 8 – 4pm

### **14 – 16 June 2019**

- Friday 6 - 8pm, Saturday 10.15 – 7.15pm, Sunday 8 – 4pm

### **26 – 28 July 2019**

- Friday 6 - 8pm, Saturday 10.15 – 7.15pm, Sunday 8 – 4pm

### **20 – 22 September 2019**

- Friday 6 - 8pm, Saturday 10.15 – 7.15pm, Sunday 8 – 4pm

### **18 – 20 October 2019**

- Friday 6 - 8pm, Saturday 10.15 – 7.15pm, Sunday 8 – 4pm

### **28 – 1 December 2019 – 4 day intensive residential and final teaching observation**

- Thursday 11 – 6pm
- Friday 7.15 – 9.15am, 11 – 6pm
- Saturday 10.15 – 7.15pm
- Sunday 8 – 4pm