

Monday 15 June	Tuesday 16 June	Wednesday 17 June	Thursday 18 June	Friday 19 June	Saturday 20 June	Sunday 21 June
1.15–2.15 Yoga for Hairdressers — Jo Mitchell — Mind & Body Studio	9.30–10.30 Rise & Shine Yoga — Lauren Berry — Grace Wellness Studio	9.30–10.30 Hot Vinyasa Yoga — Amber Hutchison — Grace Wellness Studio	9.30–10.30 Yoga Sculpt — Sarah Douglas — Grace Wellness Studio	9.30–10.30 Gentle Flow — Sarah Douglas — Grace Wellness Studio	9.00–10.00 Outdoor Morning Stretch — Justyna Majewska — Walled Garden at the Adam Smith Heritage Centre.	8.30–10.00 Outdoor Yoga: 108 Sun Salutations— Lauren Berry — Volunteers Green
2.00–3.00 Restorative Yoga — Grace Croft — Kirkcaldy Leisure Centre	10.00–11.00 Hatha Yoga (Muslim Mother Project) — Tina West — Kirkcaldy Central Mosque	2.00–3.00 Yin to Yang Solstice Flow — Lauren Berry — Leisure Centre	10.30–11.30 Somatic Yoga — Tracy Eldridge — Linton Lane Community Centre		10.00–11.15 Summer Solstice Flow — Nicola Duncan — The Movement Clinic	11.00–12.00 Yoga — Darlene Bell — Mind & Body Studio
2.30–3.10 The Science of Yoga (Free talk) — Lisa Mulube — Kirkcaldy Galleries	12.00–1.00 Yoga for Caregivers — Stacey Donnelly — Kirkcaldy Campus, School of Health Sciences, University of Dundee, KY2 5YS.		11.30–12.30 Chair Yoga — Tina West — Adam Smith Theatre	2.00–3.00 Teen Yoga — Jo Mitchell — Adam Smith Theatre	12.00–1.00 Aerial Yoga — Sarah Douglas — Grace Wellness Studio — SOLD OUT	12.00–1.00 Summer Solstice Iyengar Yoga — Jo Mitchell — Mind & Body Studio
3.15–4.15 Yoga Nidra — Lisa Mulube — Kirkcaldy Galleries — SOLD OUT		6.30–7.30 Inversions Workshop — Jo Mitchell — Adam Smith Theatre	2.00–3.00 Ashtanga Yoga — Alice Guerard — Kirkcaldy Leisure Centre		2.00–3.00 Hatha Yoga — Laura Bell — Kirkcaldy Leisure Centre	1.00–2.00 The Joyful Voice — Tina West — Mind & Body Studio
		8.00–9.00 Men’s Yoga — Alan Gould — Private Studio	7.00–8.30 Somatic Meditation & Sound Bath — Scott Hutchison-McDade — Centre for Positive Change — SOLD OUT	6.30–8.00 Summer Yin + Nidra — Nicola Duncan — The Movement Clinic — SOLD OUT		2.00–3.00 Soundbath — Jackie Meek —Kirkcaldy Leisure Centre