

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8 Prepare to push-up 6-7pm GMT	9	10 Prepare to push-up 6-7:15pm GMT	11	12 Starting strong Free mini series	13
14	15 Prepare to push-up 6-7pm GMT	16	17 Prepare to push-up 6-7:15pm GMT	18	19	20
21	22 Prepare to push-up 6-7pm GMT	23	24 Prepare to push-up 6-7:15pm GMT	25	26 Starting strong Free mini series	27
28	29 Prepare to push-up 6-7pm GMT	30	31 Prepare to push-up 6-7:15pm GMT			

EQUIPMENT

You will need:

- Some space near a wall, or closed door
- To position yourself near a chair, desk, or sofa
- A bog standard (office supply) elastic band
- Two yoga blocks or chunky books
- A resistance band
- A weight, or weights

You'll learn how to choose an appropriate weight.

You can begin with your own bodyweight and a can of beans before deciding to buy any resistance bands, dumbbells, and kettlebells.

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Download your 8-week **[prepare to push-up training plan](#)**

[Live class log in](#)

[Replays](#)

[Free mini series](#)

CLASS SCHEDULE

2024

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Prepare to push-up 6-7pm GMT	6	7 Prepare to push-up 6-7:15pm GMT	8	9 Starting strong Free mini series	10
11	12 Prepare to push-up 6-7pm GMT	13	14 Prepare to push-up 6-7:15pm GMT	15	16	17
18	19 Prepare to push-up 6-7pm GMT	20	21 Prepare to push-up 6-7:15pm GMT	22	23 Starting strong Free mini series	24
25	26 Prepare to push-up 6-7pm GMT	27	28 Prepare to push-up 6-7:15pm GMT	29		

EQUIPMENT

You will need:

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You'll learn how to choose an appropriate weight.

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CLASS SCHEDULE

2024

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Hamstring helper 6-7pm GMT	5	6 Hamstring helper 6-7:15pm GMT	7	8 Stretching made simple Free mini series	9
10	11 Hamstring helper 6-7pm GMT	12	13 Hamstring helper 6-7:15pm GMT	14	15	16
17	18 Hamstring helper 6-7pm GMT	19	20 Hamstring helper 6-7:15pm GMT	21	22 Stretching made simple Free mini series	23
24 31	25 Hamstring helper 6-7pm GMT	26	27 Hamstring helper 6-7:15pm GMT	28	29	30

EQUIPMENT

You will need:

- Two yoga blocks or chunky books
- A resistance band
- A weight, or set of weights
- To position yourself near a chair, stool or coffee table that you don't mind putting your feet on

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[Live class log in](#)

[Replays](#)

[Free mini series](#)

CLASS SCHEDULE

2024

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Your core & more 6-7:15pm GMT+1	4	5 Stretching made simple Free mini series	6
7	8 Your core & more 6-7pm GMT	9	10 Your core & more 6-7:15pm GMT+1	11	12	13
14	15	16	17 Your core & more 6-7:15pm GMT+1	18	19 Stretching made simple Free mini series	20
21	22 Your core & more 6-7pm GMT	23	24 Your core & more 6-7:15pm GMT+1	25	26	27
28	29 Your core & more 6-7pm GMT	30				

EQUIPMENT

You will need:

- Two yoga blocks or chunky books
- A resistance band
- A weight, or set of weights
- Some space near a wall, or closed door

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[Replays](#)

[Free mini series](#)

CLASS SCHEDULE

2024

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Your core & more 6-7:15pm GMT+1	2	3 Moving fast & slow Free mini series	4
5	6 Better balance 6-7pm GMT+1	7	8 Better balance 6-7:15pm GMT+1	9	10	11
12	13 Better balance 6-7pm GMT+1	14	15 Better balance 6-7:15pm GMT+1	16	17 Moving fast & slow Free mini series	18
19	20 Better balance 6-7pm GMT+1	21	22 Better balance 6-7:15pm GMT+1	23	24	25
26	27 Better balance 6-7pm GMT+1	28	29 Better balance 6-7:15pm GMT+1	30	31 Moving fast & slow Free mini series	

EQUIPMENT

You will need:

- Two yoga blocks or chunky books
- A resistance band
- Some space near a wall, or closed door
- To position yourself near a chair or some sturdy furniture

QUICK LINKS

Not in the UK? Use this [easy timezone converter](#)

Notes on balance, falling, ground, and grounding

[Live class log in](#)

[Replays](#)

[Free mini series](#)

CLASS SCHEDULE

2024

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Going upside down 6-7pm GMT+1	4	5	6	7	8
9	10	11	12 Going upside down 6-7:15pm GMT+1	13	14 Moving fast & slow Free mini series	15
16	17 Going upside down 6-7pm GMT+1	18	19 Going upside down 6-7:15pm GMT+1	20	21	22
23 30	24 Going upside down 6-7pm GMT+1	25	26 Going upside down 6-7:15pm GMT+1	27	28 Moving fast & slow Free mini series	29

EQUIPMENT

You will need:

- Two yoga blocks or chunky books
- A resistance band
- Some space near a wall, or closed door

QUICK LINKS

Not in the UK? Use this [easy timezone converter](#)

Notes on [balance](#), [falling](#), [ground](#), and [grounding](#)

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[Replays](#)

[Free mini series](#)

CLASS SCHEDULE

2024

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Sit, stand, squat 6-7pm GMT+1	2	3 Sit, stand, squat 6-7:15pm GMT+1	4	5	6
7	8 Sit, stand, squat 6-7pm GMT+1	9	10 Sit, stand, squat 6-7:15pm GMT+1	11	12 Feet first Free mini series	13
14	15	16	17	18	19	20
21	22 Sit, stand, squat 6-7pm GMT+1	23	24 Sit, stand, squat 6-7:15pm GMT+1	25	26 Feet first Free mini series	27
28	29 Sit, stand, squat 6-7pm GMT+1	30	31 Sit, stand, squat 6-7:15pm GMT+1			

EQUIPMENT

You will need:

- Two yoga blocks or chunky books
- A resistance band
- A weight, or set of weights
- To position yourself near a chair, stool or coffee table that you don't mind putting your feet on

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[Replays](#)

[Free mini series](#)

CLASS SCHEDULE

2024

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Load, lift, lunge 6-7pm GMT+1	6	7 Load, lift, lunge 6-7:15 pm GMT+1	8	9 Feet first Free mini series	10
11	12 Load, lift, lunge 6-7pm GMT+1	13	14 Load, lift, lunge 6-7:15 pm GMT+1	15	16	17
18	19 Load, lift, lunge 6-7pm GMT+1	20	21 Load, lift, lunge 6-7:15 pm GMT+1	22	23 Feet first Free mini series	24
25	26	27	28 Load, lift, lunge 6-7:15 pm GMT+1	29	30	31

EQUIPMENT

You will need:

- Two yoga blocks or chunky books
- A resistance band
- A weight, or set of weights
- To position yourself near a chair, stool or coffee table that you don't mind putting your feet on

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[Replays](#)

[Free mini series](#)

CLASS SCHEDULE

2024

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Load, lift, lunge 6-7pm GMT+1	3	4 Yoga in action 6-7:15 pm GMT+1	5	6	7
8	9 Yoga in action 6-7pm GMT+1	10	11 Yoga in action 6-7:15 pm GMT+1	12	13 Ways to wheel pose Free mini series	14
15	16 Yoga in action 6-7pm GMT+1	17	18 Yoga in action 6-7:15 pm GMT+1	19	20	21
22	23 Yoga in action 6-7pm GMT+1	24	25 Yoga in action 6-7:15 pm GMT+1	26	27 Ways to wheel pose Free mini series	28
29	30 Yoga in action 6-7pm GMT+1					

EQUIPMENT

You will need:

- Two yoga blocks or chunky books
- A yoga strap, resistance band, or dressing gown belt
- A chair
- Bolster cushion, or a big pillow

QUICK LINKS

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Live class log in

Replays

Free mini series

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Yoga in action 6-7:15 pm GMT+1	3	4	5
6	7 Stronger backs 6-7pm GMT+1	8	9 Stronger backs 6-7:15pm GMT+1	10	11 Ways to wheel pose Free mini series	12
13	14 Stronger backs 6-7pm GMT+1	15	16 Stronger backs 6-7:15pm GMT+1	17	18	19
20	21 Stronger backs 6-7pm GMT+1	22	23 Stronger backs 6-7:15pm GMT+1	24	25 Ways to wheel pose Free mini series	26
27	28 Stronger backs 6-7pm GMT+1	29	30 Stronger backs 6-7:15pm GMT+1	31		

EQUIPMENT

You will need:

- Two yoga blocks or chunky books
- A resistance band
- A weight, or set of weights
- Some space near a wall, or closed door

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[Live class log in](#)

[Replays](#)

[Free mini series](#)

CLASS SCHEDULE

2024

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11 Take one prop: blocks 6-7pm GMT	12	13 Take one prop: blankets 6-7:15pm GMT	14	15 Resting & rolling Free mini series	16
17	18 Take one prop: big sticks 6-7pm GMT	19	20 Take one prop: cushions 6-7:15pm GMT	21	22	23
24	25 Take one prop: straps 6-7pm GMT	26	27 Take one prop: sliders 6-7:15pm GMT	28	29 Resting & rolling Free mini series	30

EQUIPMENT

You will need:

- Two yoga blocks, or chunky books and a shoebox
- A blanket or towel
- A big stick like a mop or broom with the head twisted off
- Bolster cushion, or a big pillow
- A yoga strap, resistance band, or dressing gown belt
- Floor sliders, yoghurt pot lids, or socks

We'll use things everyone can find at home and will share ideas to find creative solutions.

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Build your home yoga and movement kit

[Live class log in](#)

[Replays](#)

[Free mini series](#)

CLASS SCHEDULE

2024

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Gentle movement & self-massage 6-7pm GMT	3	4 Gentle movement & self-massage 6-7:15pm GMT	5	6	7
8	9 Gentle movement & self-massage 6-7pm GMT	10	11 Gentle movement & self-massage 6-7:15pm GMT	12	13 Resting & rolling Free mini series	14
15	16 Gentle movement & self-massage 6-7pm GMT	17	18 Gentle movement & self-massage 6-7:15pm GMT	19	20	21
22	23	24	25	26	27	28
29	30	31				

EQUIPMENT

You will need:

- Two yoga blocks or chunky books
- A blanket or towel
- A tennis ball or something similar
- Anything that will help you feel comfortable (like a pillow, your fave socks, or a cup of a tea)

We'll embrace anything that increases ease and comfort. If that means rocking up in your PJs, go for it!

QUICK LINKS

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Reflections on [burnout](#) and [what it takes to flourish](#)

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