



## FLETCHER'S COTTAGE SPA

ARCHERFIELD HOUSE

### **Vinyasa Flow Yoga:**

September 6th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-september6th>  
September 13th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-september13th>  
September 20th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-september20th>  
September 27th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-september27th>  
October 4th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-october4th>  
October 11th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-october11th>  
October 18th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-october18th>  
October 25th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-october25th>  
November 1st - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-november1st>  
November 8th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-november8th>  
November 15th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-november15th>  
November 22nd - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-november-22nd>  
November 29th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-november29th>  
December 6th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-december6th>  
December 13th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-december13th>  
December 20th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-december20th>  
December 27th - <https://archerfield.wearegifted.co.uk/vinyasa-flow-yoga-december27th>

### **Yin Yoga:**

September 2nd - <https://archerfield.wearegifted.co.uk/yin-yoga-september2nd>  
September 9th - <https://archerfield.wearegifted.co.uk/yin-yoga-september9th>  
September 16th - <https://archerfield.wearegifted.co.uk/yin-yoga-september16th>  
September 23rd - <https://archerfield.wearegifted.co.uk/yin-yoga-september23rd>  
September 30th - <https://archerfield.wearegifted.co.uk/yin-yoga-september30th>  
October 7th - <https://archerfield.wearegifted.co.uk/yin-yoga-october7th>  
October 14th - <https://archerfield.wearegifted.co.uk/yin-yoga-october14th>  
October 21st - <https://archerfield.wearegifted.co.uk/yin-yoga-october21st>  
October 28th - <https://archerfield.wearegifted.co.uk/yin-yoga-october28th>  
November 4th - <https://archerfield.wearegifted.co.uk/yin-yoga-november4th>  
November 11th - <https://archerfield.wearegifted.co.uk/yin-yoga-november11th>  
November 18th - <https://archerfield.wearegifted.co.uk/yin-yoga-november18th>  
November 25th - <https://archerfield.wearegifted.co.uk/yin-yoga-november25th>  
December 2nd - <https://archerfield.wearegifted.co.uk/yin-yoga-december2nd>  
December 9th - <https://archerfield.wearegifted.co.uk/yin-yoga-december9th>  
December 16th - <https://archerfield.wearegifted.co.uk/yin-yoga-december16th>  
December 23rd - <https://archerfield.wearegifted.co.uk/yin-yoga-december23rd>  
December 30th - <https://archerfield.wearegifted.co.uk/yin-yoga-december30th>

### **Gong Meditation Relaxation:**

September 7th - <https://archerfield.wearegifted.co.uk/gong-meditation-relaxation-7thseptember>  
September 21st - <https://archerfield.wearegifted.co.uk/gong-meditation-relaxation-september21st>  
October 5th - <https://archerfield.wearegifted.co.uk/gong-meditation-relaxation-5thoctober>  
November 2nd - <https://archerfield.wearegifted.co.uk/gong-meditation-relaxation-2ndnovember>  
November 16th - <https://archerfield.wearegifted.co.uk/gong-meditation-relaxation-16thnovember>  
December 7th - <https://archerfield.wearegifted.co.uk/gong-meditation-relaxation-7thdecember>  
January 4th - <https://archerfield.wearegifted.co.uk/gong-meditation-relaxation-4thjanuary>  
January 18th - <https://archerfield.wearegifted.co.uk/gong-meditation-relaxation-18thjanuary>

### **Yogic Gong Relaxation:**

September 24th - <https://archerfield.wearegifted.co.uk/yogic-gong-relaxation-24thseptember>  
October 29th - <https://archerfield.wearegifted.co.uk/yogic-gong-relaxation-29thoctober>  
November 26th - <https://archerfield.wearegifted.co.uk/yogic-gong-relaxation-26thnovember>  
December 17th - <https://archerfield.wearegifted.co.uk/yogic-gong-relaxation-17thdecember>  
January 28th - <https://archerfield.wearegifted.co.uk/yogic-gong-relaxation-28thjanuary>