



A Space to Be

Studio Yoga Classes

Our studio is well equipped, underfloor heated and has a fabulous view. The maximum class size is seven students. Studio classes operate most weeks of the year on a drop-in basis*. Friends of A Space to Be may block book studio classes up to three months in advance by purchasing a Friends' 10 Class Pass.

Evening Practice (Restorative)

6-7pm Tuesday, Wednesday and once a month on Friday (Yoga Supper Club).

Morning Practice (Silence, Sunrise and Surya Namaskar)

8-9am Wednesday, Thursday and Saturday.**

Weekend Workshops

Please check the website or email newsletters for schedule and prices.

Studio Class Fees	Standard	Friends of A Space to Be
Single Drop-In Class	£12	£9.60
Ten Class Pass	-	£60

* Please note the studio is closed during August and December.

** Once a month the Saturday morning class moves to Sunday (always the same weekend as Being in the Cycles).

Being in the Cycles (Zoom Drop-In)

Monthly on Sundays, 10-11am, an online yoga and meditation class that follows the seasons of the year and cycles of our lives. Free for all Friends of A Space to Be, and open to guests on an honesty box basis.

2025 August 3, September 7, October 12, November 9, December 7.

2026 January 4, February 1, March 1 & 29, May 3, June 7, July 5.

Friends of A Space to Be

This is our membership scheme for regular students. Friends receive priority booking, generous discounts and unrestricted access to the A Space to Be App (our online audio and video practice library).

Friends of A Space to Be	Monthly	Annual
Standard	£9	£108
Supporter	£12	£144
Supported	£3	£36

App-Tastic

We use two apps to make life easier for those who like apps. The A Space to Be app is our online yoga studio. It contains video and audio recordings you can use to practice yoga at home. The Mindbody app is a booking tool. You can use it to book classes, workshops and appointments at A Space to Be. Both apps are available for apple and android devices.

Yoga Course 2025-2026 – Living with Ease

Grounded in traditional yoga philosophy, Lucy's termly courses offer a holistic practice for body, mind and breath. Block booking is recommended since each term follows a progressive theme, but we understand life can be complex and drop-ins are also welcome. Zoom class recordings are only available for those who block book the whole term.

Autumn Term: 10 Practice Principles for Moving with Ease

Thursdays 10-11.30am (Zoom)

September 11, 18, ~~25~~
October 2, 9, 16, ~~23~~, ~~30~~
November 6, 13, 20, 27
December 4

Fridays 10-11.30am (Shilbottle Community Hall)

September 12, 19, ~~26~~
October 3, 10, 17, ~~24~~, ~~31~~
November 7, 14, 21, 28
December 5

Spring Term: 10 Practice Principles for Breathing with Ease

Thursdays 10-11.30am (Zoom)

January 8, 15, 22, 29
February 5, ~~12~~, ~~19~~, 26
March 5, 12, 19, 26

Fridays 10-11.30am (Shilbottle Community Hall)

January 9, 16, 23, 30
February 6, ~~13~~, ~~20~~, 27
March 6, 13, 20, 27

Summer Term: 10 Practice Principles for Feeling at Ease

Thursdays 10-11.30am (Zoom)

April 23, 30
May 7, 14, 21, ~~28~~
June 4, 11, 18, 25
July 2

Fridays 10-11.30am (Shilbottle Community Hall)

April 24
May 1, 8, 15, 22, ~~29~~
June 5, 12, 19, 26
July 3

All class dates are provisional and will be confirmed at the start of each term.

Yoga Course Fees	Standard	Friends of A Space to Be
Single Drop-In Class at the Hall	£12	£6
Single Drop-In Class on Zoom (live attendance only, no recording)	£12	£6
Whole Term Course Booking <ul style="list-style-type: none">- 10 Thursday Classes on Zoom- 10 Friday Classes at Shilbottle Hall- Access to online course recordings (available for at least two years)	£108 <i>Includes Friends membership for the duration of the course.</i>	£54

Inclusion and Accessibility

Please reach out if you would like further information or need any extra help to attend our classes, for example:

- additional props or assistance in class,
- organising a lift to class,
- help with technology,
- financial support (payment plan/reduced fees).

Booking and Payment

All classes, courses and workshops can be booked online through the A Space to Be website or Mindbody App. You can also book by phone, email or in person and send a bank transfer.

Call 01665 581431, text 07790 253563 or email lucy@spacetobe.co.uk

BACS Payments to A Space To Be Ltd - Sort code: 60-83-71 - Account Number: 17447964