
Phoenix Yoga Putney

Christmas 2025 Newsletter

15 December 2025



Welcome to the Christmas 2025 Newsletter!

Welcome to the last newsletter of 2025! What a year it has been — thank you all so much for being part of the Phoenix community. We are so grateful for every one of you.

■ Christmas Drinks at The Railway

Join us for Christmas drinks at The Railway pub

Tuesday 16th December, 17:00–19:30

All welcome — come and celebrate the festive season with your fellow yogis!



Boxing Day Class with Alex

Don't let the turkey get the better of you — join Alex for a special Boxing Day class to stretch out and get moving again. Details on the schedule.



Winter Solstice — 108 Sun Salutations

with Cesca & Lou

Sunday 21st December, 10:15am

A moving meditation to honour the darkest day of the year. All levels welcome.



Bonita's Rest and Reflect Workshop

A beautiful opportunity to slow down, rest and reflect before the new year.

YTT Taster #2 with Sneha

Yoga Teacher Training Taster Session #2

with **Sneha** — Saturday 24th January

Thinking about training as a yoga teacher? Come and explore the 200hr YTT course in a relaxed taster session.

yogihearts

200 Hour Yoga Teachers' Training course

Feb 15 - April 12, 2026

THIS COURSE IS SUITABLE FOR ALL LEVELS AND SETS A STRONG FOUNDATION FOR YOGA AS A PRACTISE AND A WAY OF LIFE. AFFILIATED BY THE WORLD'S OLDEST YOGA SCHOOL, THE YOGA INSTITUTE.

RYS 200
The Yoga Institute



Phoenix Yoga Merchandise

Our merchandise shop is open! Browse the range of Phoenix Yoga-branded items — perfect for Christmas gifts for the yogi in your life.



Yoga Teacher Training — 200hr

Our 200hr Yoga Teacher Training runs **15 February – 12 April 2026**, affiliated with The Yoga Institute — the world's oldest yoga school. Places are still available.

GoFundMe

Our GoFundMe campaign continues — every contribution, big or small, is hugely appreciated. Please share our story on your social media wherever possible.

Namasleigh! ■

Wishing you all a peaceful, joyful Christmas and a brilliant New Year.
With love from all at Phoenix Yoga Putney