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Phoenix Yoga Putney

# January 2026 Newsletter

1 January 2026

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## Happy New Year 2026!

Wishing you all a wonderful, healthy and joyful new year! Thank you so much for being part of the Phoenix Yoga community — you make this place what it is.



London Eye New Year fireworks

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## New Class — Yin Yang Qi Gong with Kate Tower

Yin Yang Qi Gong with Kate Tower

Thursdays at 19:15

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A beautiful blend of Yin Yoga and Qi Gong — perfect for unwinding mid-week and cultivating deep inner balance. Join us on the new Thursday evening schedule.

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## Bonita's Rest and Reflect Workshop

Another opportunity to attend Bonita's deeply nourishing Rest and Reflect workshop. Space to slow down, breathe and restore — perfect for the January reset.

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## February Workshops

### Valentine's Day Bareface SOS — Saturday 14th February

A special self-care workshop for Valentine's Day.

### Bridging the Backbends — February

Deepen your backbend practice in this dedicated workshop.

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## YTT Taster — Date Change

The Yoga Teacher Training Taster session has been moved to **Saturday 31st January**. Come and find out more about our 200hr YTT course.



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## Positively Putney — Q&A; with CEO Nicola Grant



Ray joined CEO Nicola Grant for a Q&A; with Positively Putney — talking about Phoenix Yoga, community, and what makes Putney such a special place to live and work.

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## 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 YOGA

— AFFILIATED BY —  
The Yoga Institute

The banner features a circular inset image of several women in traditional Indian attire holding certificates. The background is a gradient from light yellow to orange.

## 200 HOURS YOGA TEACHERS' TRAINING COURSE

The Yoga Institute

### Course overview

- Introduction to Hatha yoga
- Yoga Anatomy & Management of Health & Diseases
- Asanas, Sequencing, Alignment, & Adjustments
- Pranayama & Meditation
- Yogic diet & Ayurveda
- Shat Kriyas (Cleansing techniques)
- Teaching & Communication Skills
- Guidelines for Teachers

yogihearts

The Yoga Institute

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200hr Yoga Teacher Training — Feb 15–Apr 12 2026

## Yoga Teacher Training — 200hr

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Our 200hr YTT runs **15 February – 12 April 2026**, affiliated with The Yoga Institute. Suitable for all levels. Transform your practice and your life.

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## GoFundMe

Our GoFundMe campaign continues — thank you for all your support. Every contribution makes a real difference. Please share with friends and family.



Here's to a brilliant 2026!

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**With love from all at Phoenix Yoga Putney**