

# June 2026 Newsletter

Putney, South West London  
2 June 2026

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*Our newly installed reception floor — looking rather spiffing!*

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## **Welcome to your June 2026 newsletter!**

As you can see from above, we have completed the replacement of the floor in the reception — it looks quite spiffing! Unfortunately, once the basement flooring was removed we discovered **extensive damp and associated damage**. We now need to dehumidify the area, install a damp proof membrane, screed the floor and then lay down the new flooring.

The works will take the best part of a week and will **not impact classes upstairs**, however we will have occasional limited access to the changing rooms and toilets. Our new neighbours **Pulse Club** have kindly offered to allow us to use their toilet and changing facilities when required.

### ***Never a dull day!***

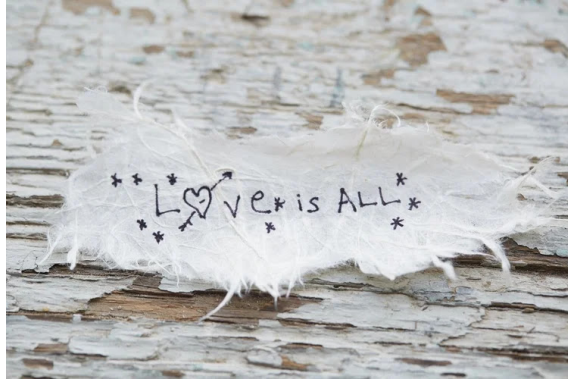
We proudly hosted a special class on **May 30th** in aid of World MS Day 2026, led by two teachers whose siblings both live with MS — raising **~£300**. Thank you to all those who joined!!

Last but not least — we will be shooting content for the new website. If you'd like to be a face of our community, sign up for one of Zara's classes!

### ***Proud To Be Putney! Onwards and Upwards!!***

For any questions or requests: [info@phoenixyoga.co.uk](mailto:info@phoenixyoga.co.uk)

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#### In this newsletter:

- Classes
- Workshops
- Bring and Buy
- International Day of Yoga — 108 Sun Salutations Masterclass
- International Day of Yoga — Yoga Teacher Training Taster

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### Classes — Always on Time

A gentle reminder to please **arrive five minutes before class**. Out of respect for your fellow yogis, classes begin promptly and the front door will be **locked two minutes before class start time**.

### Workshops

We have a busy and varied series of workshops in June, including:

- **Ashtanga Workshop** — Kate kicks off our Intro programme with a fun exploration of the Ashtanga method — **Saturday 6 June**
- Join **Kylie** — **13 June** — Understand and work with your nervous system
- **Teacher Training taster class** on International Yoga Day — **21 June**

*Annual and monthly members get a 20% discount on all workshops!*

### Community Corner

Spread the word — all **under 30s** can get a **30% discount** on annual / monthly memberships and class packs. Send us proof of age and we'll do the rest!

**NHS** — a valid NHS card qualifies you for a **20% discount** on all class packs and memberships.

Questions? Email: [info@phoenixyoga.co.uk](mailto:info@phoenixyoga.co.uk)

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## Bring and Buy — Community Pre-Loved Activewear Sale



**Saturday 27 June, 2–4pm**

Phoenix Yoga, 250 Upper Richmond Road, Putney SW15 6TG

Phoenix is hosting a community **Bring & Buy pre-loved activewear sale**, inviting donations of clean, good-quality yoga and activewear. All proceeds will go to the **Phoenix Yoga Glow Up Fund**, with any unsold items donated to **Live Karma Yoga**.

### Before the Sale

- Bring along the pre-loved yoga or activewear you no longer wear — in good condition
- Please donate items that still have plenty of wear left but no longer fit or suit you
- Make sure all donated garments are clean
- **From 14 June:** bring your donation with you to any class
- **Donation deadline: Friday 26 June**

### On the Day

- Most items cost **£5**, premium pieces from **£10**
- Auction of selected high-value items (including never-used Liforme yoga mats)
- Payment by card via QR code
- Come early — first come, first served
- Unsold items donated to Live Karma Yoga

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## International Day of Yoga — 21 June

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### **108 Sun Salutations Masterclass**

Celebrate the longest day of the year and welcome the vibrant energy of summer with **108 Sun Salutations** on **Sunday 21 June, 10:15–12:30**, led by **Cesca**.

Whether you flow through every single one or take a child's pose whenever you need — this ritual is entirely your own journey.

***Space is limited — secure your mat on Mومence!***

### **Yoga Teacher Training Taster**

Also on International Yoga Day: join us for a **YTT taster class** — the perfect way to explore whether teacher training is for you.

The full course is suitable for all levels and sets a strong foundation for yoga as a practice and a way of life. This authentic training is affiliated by the world's oldest yoga school — **The Yoga Institute**.

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*Proud To Be Putney!*

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