
PHOENIX YOGA PUTNEY

Newsletter — March 2026



Welcome to your March 2026 Newsletter!

Spring is in the air! We are delighted to welcome M&S back to Putney High Street — a welcome return for our neighbourhood. There's a lot going on this month, so read on for everything you need to know.

Proud To Be Putney! Onwards and Upwards!!

International Women's Day Class — Saturday 8 March

Give What You Can — minimum £5

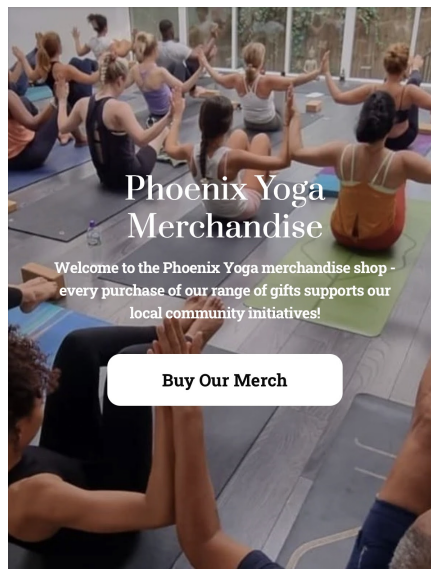
ALL proceeds will go to IWD's **Give to Gain** charity.

A special class open to everyone. Sign up now!



Spring Into March — Community Challenge

We are repeating our popular community Yoga Challenge — **Spring into March!** Every class you attend counts automatically, as long as your teacher checks you in.



- **Complete 21 days** — receive a free Phoenix Yoga t-shirt of your choice
- **Most classes in March** — win a free month's membership OR a £50 voucher for our online merchandise shop

GoFundMe — Glow Up Fundraiser



Our GoFundMe page is getting closer to our initial target. All contributions are greatly appreciated — no matter how small (but the bigger the better!). Please share our story and this link on your social media platforms, or like and share our Instagram or Facebook reel and stories wherever possible. Thank you!

Yoga Teacher Training — Single Workshops

Our first Yoga Teacher Training is underway! As requested by many of you, we will be opening up selected modules as standalone workshops:

Workshop	Date
Importance of Alignment in Yoga	Saturday 14 March
Hormonal Health Balance Through Yoga	Sunday 15 March

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

Solas Circle — First Meeting Sunday 22 March



We are delighted to launch our monthly Solas Circle workshops, hosted by our very own **Jessica Cooper**. Solas Circle is a monthly, in-person spiritual circle offering a calm and supportive space to explore your

inner life in a grounded and accessible way.

Phoenix Yoga Merchandise Shop



Visit our online merchandise shop for Phoenix Yoga t-shirts, hoodies, and more. A great way to show your Phoenix pride and support the studio!

For any questions or requests, email us at info@phoenixyoga.co.uk

Proud To Be Putney!