

mid-May 2026 Newsletter

Putney, South West London
16 May 2026



Welcome to your mid-May 2026 newsletter!

We are super excited and privileged to announce that the rockstar photographer — and Phoenix member — **Circe** will be creating the visual identity and content for the new website. Her body of work is amazing (including National Ballet, Chi, Dojo) — and we're looking forward to doing something visually stimulating in the coming weeks.

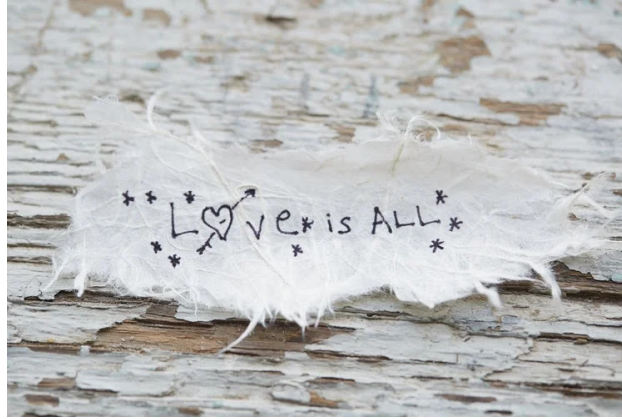
The floor in reception and in the lower ground floor is finally scheduled to be replaced! Unfortunately we will therefore be forced to cancel the majority of lessons next **Thursday and Friday (May 21st & 22nd)**. We expect to have a full schedule of classes resuming on **Saturday 23rd** — and a floor you could eat your dinner off of!

Over 60 of you took part in our free **Phoenix x Pulse** contrast sessions this week — with overwhelmingly positive feedback from everyone (including the person who got locked in the toilet!). We had a couple of members who stayed immersed in the ice bath for more than six minutes and are working on having more dedicated Phoenix community sessions once Pulse are up and running — so stay tuned.

We're proudly hosting a special session on **May 30th** in aid of **World MS Day 2026**, hosted by two teachers whose siblings both live with MS — if you can't attend feel free to donate!

Proud To Be Putney! Onwards and Upwards!!

For any questions or requests: info@phoenixyoga.co.uk



In this newsletter:

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- Classes and Workshops
- Survey Results — Winner
- Ashtanga Workshop
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Wellhub

Your wish is our command! Quite a few of you have asked that we add the **Wellhub** employee service to our booking system — we're pleased to say it's now fully integrated with our Mومence system. So get booking!!

Classes

Due to floor replacement the following class schedule changes are in place:

- Thursday & Friday — 6.30am classes continue as normal
- Thursday — all other classes cancelled
- Friday — classes subject to cancellation depending on floor work progress

Workshops

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

- Ellen keeps it simple — with an extended practice — **May 17th**

SOLD OUT!

- Join Kylie **June 13th** — Understand and work with your nervous system
 - Teacher Training taster class on **International Yoga Day 21 June**
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- We are also hosting:
 - 5Rhythms — Saturday May 16th 17:00
 - Denise's iRest Yoga Nidra class — May 20th @19:00
 - Flourish and Nourish — Donate to World MS Day 2026 — May 30th @14:00

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

Community Corner

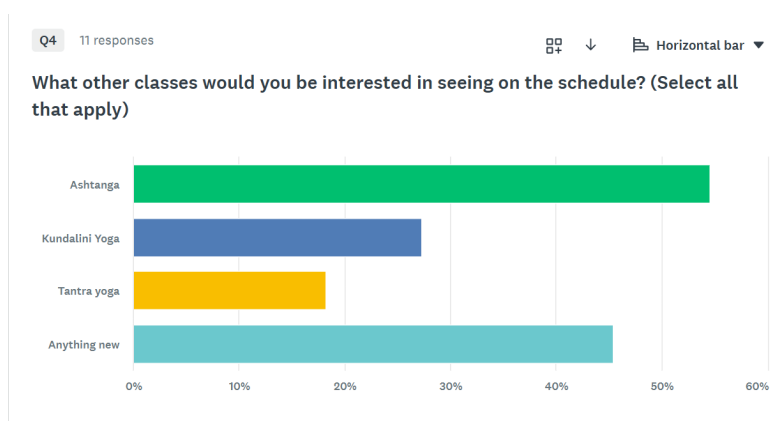
Spread the word — all **under 30s** can get a **30% discount** on annual / monthly memberships and class packs. Send us proof of age and we'll do the rest!

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

Questions? Email: info@phoenixyoga.co.uk

Survey Results

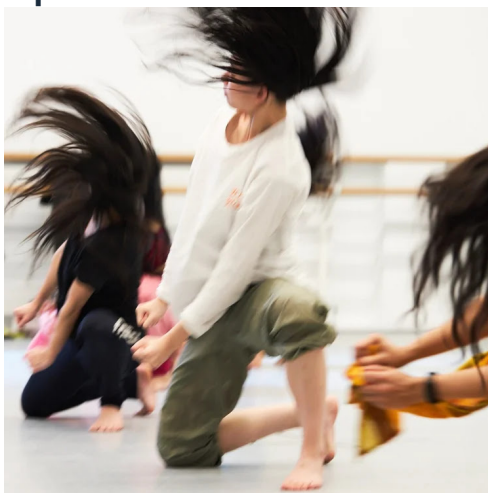
Thank you to all of you for your responses in our survey — we appreciate and have listened to all your feedback! We will be publishing individual results over the next few issues.



Q4: What other classes would you like on the schedule?

The winner of our Phoenix Yoga t-shirt is **Sarah Turner** — we'll be in touch!

Ashtanga Yoga Workshop



Ashtanga Vinyasa Yoga is a dynamic form of yoga created by its founder **Pattabhi Jois** in Mysore, India in the 1930s. Jois was a student of Krishnamacharya, thought to be the Grandfather of Modern Yoga practice.

Ashtanga Vinyasa Yoga form consists of 'series' of postures strung together with the breath — a framework beginning with sun salutations (Classic A & B), followed by standing poses, a seated sequence, and a closing sequence.

In the Ashtanga Vinyasa method the teacher often uses hands-on assists (with the student's consent) to facilitate directionality and proprioception.

Kate Towers has been an Ashtanga practitioner for 15 years and has taught this practice for 9 of them. In this workshop, Kate will introduce you to the fundamentals of Primary Series in a supportive environment, exploring adaptations and modifications where appropriate. Given the length of the entire Ashtanga Primary Series, we won't get through everything — but it promises to be a fun exploration of this method.

■ **Join Kate: Sunday 28 June @14:00**

Flourish and Nourish — World MS Day 2026



Join us on World MS Day for a gentle and meaningful **2.5-hour yoga gathering** in support of the MS Trust.

This special event will begin at **2pm** with a 90-minute yoga practice moving from active flow into deep rest and stillness, followed by tea, homemade gluten-free cakes, and time to connect in a warm and welcoming space.

Created by **Marzia Dolzan** and **Caterina Giordo**, whose siblings both live with MS, this gathering aims to raise awareness, support MS research, and remind us of the importance of caring for both mind and body through movement, rest, and connection.

■ **Sunday 30th May @14:00 — We look forward to seeing you on the mat.**

Swap Shop



The wonderful **Linda Shultz** has proposed organising a fundraising **SwapShop** to benefit our final Glow Up phase. This event is planned to span one to two weeks, during which individuals are invited to donate unused (or good quality used) yoga and athletic apparel that you would like to de-clutter and detach from. You can swap them for something more useful — or sell them!

Items will be carefully sorted and displayed for the swap / sale. Attendees will have the opportunity to browse, try on, and purchase items, with **prices starting at £5** each. Proceeds contribute to the studio's Glow Up Fundraiser, and any remaining items will be donated to charity.

Many of you will have unused pieces — we hope you'll be happy to contribute! Until then, start fishing out those items for swapping or donating.

■ **In-person event: Saturday 31 May**

Proud To Be Putney!

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