



First Floor, Old Academy Building, 6 -7 Rose Terrace, Perth PH1 5HA

WEEKLY TIMETABLE from 1st January 2026

Not all classes require to be pre-booked - please check with the teacher

Availability for daytime Mondays and Tuesdays – contact June if looking for a venue

Mondays

| | | |
|------------------------|--|-------------------|
| 6 – 7.15pm | Hatha Yoga all levels 07466 360 152 | Suthesh and Sarah |
| 7.30 – 8.45pm | Dynamic Yoga Practice 07585 973 661 | Sara-Cate Fraser |
| 6.30 – 7.45pm (Online) | Pregnancy Yoga 07792 079 389 | Judy Cameron |

Tuesdays

| | | |
|---------------|---|-------------------|
| 6 – 7.15pm | Yoga for Absolute Beginners + others 07588 859 981 | Dorothy Gillespie |
| 7.30 – 8.30pm | To the Core Pilates 07983 541 261 https://bookwhen.com/tothecore-pilates | Alex Melville |

Wednesdays

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|----------------|--|----------------|
| 9.30 – 10.45am | Hatha Yoga – all levels 07856 859 491 | Ann Binnie |
| 1 – 2.30pm | Nia - Mindful Fitness stepinnia.punchpass.com | Susan Rees |
| 6 – 7.15pm | Ashtanga Yoga 07732 223 566 | Fiona Campbell |
| 7.40pm | Yoga for Men – pre-book as for 6pm | Fiona |

Thursdays

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|---------------|--|-----------------|
| 10 – 11.15am | Hatha Yoga – all levels 07734 695 273 | June Mitchell |
| 6 – 7.15pm | Ashtanga Yoga for Beginners 07540 120 423 | Finn Methven |
| 7.30 – 8.45pm | Yoga to Music, all levels 07729 142 059 | Roberto Cassani |

NB: Studio 2, 4th Thursday each mth, 6.30 – 8.30pm Mindfulness Meditation with Catriona McCaw
Enqs/bookings to: mindfulnessperthshire@gmail.com

Fridays

| | | |
|---------------|--|----------------|
| 6.30 – 7.15am | Pilates with Alex starts 12 Sept (booking as above) | Alex Melville |
| 10 – 11.30am | Hatha Yoga, all levels 07748 384 635 | Carol Barbieri |
| 6 – 7pm | Ashtanga Yoga with Madi 07713 805 723 | Madi McRostie |
| 7.15 – 8.15pm | Rest and Restore Yoga 07713 805 723 | Madi |

Saturdays

| | | |
|-------------|--|---------------------|
| 9 – 10.45am | Mysore-style Ashtanga Yoga, 2 nd Sat each mth 07555 285 568 | Caroline Buchanan + |
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Regular half-day Weekend Workshops

With, among others - Suthesh & Sarah, Cathy Swan, Amelia Pace, Moira Duncan, Wim Hof Method; Tony Young's Sound Baths and Astrology, Iveta – Cacao Ceremonies and Chakra Workshops

Booking information at 'Weekend Workshops' on website www.perthyogastudio.com



Perth Yoga Studio has excellent, experienced therapists working from Studio 2 –

Sarah Shaw, Quantum Regression Hypnotherapy

Amelia Pace, therapeutic Massage, Myofascial Release, Indian head massage,
Deep Tissue Massage and Relaxing Massage, Reiki

Michelle Procter Wellness, Reflexology, Reiki, Pregnancy and Maternity Treatments

Ria Perez, Connection & Boundaries Practitioner, Mindfulness Teacher

For more info and to book appointments –

Sarah: info@sourcehealinghypnosis.co.uk

Amelia: bodywisetherapies18@gmail.com 07814 038 015

Michelle: info@michelleprocter.co.uk

Ria: hello@startwithconnection.com

There is some daytime and evening availability in our beautiful, bright Studio 2 therapy room.

Enqs: email – june.cysyoga@gmail.com



www.perthyogastudio.com

Enqs to June Mitchell: 07734 695 273 june.cysyoga@gmail.com

12 month Yoga Teacher Training – Perth Yoga Studio and Merchant City Yoga, Glasgow begin in
September each year **CYS - Classical Yoga School**

www.cysyogateachertraining.com