



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

WEEKLY TIMETABLE from 1 April 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

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

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

Sara Hennessy, Herbal Medicine

Damian Tremlett, Massage Therapist incl. Oncology Massage

For more info and to book appointments –

Sarah S: info@sourcehealinghypnosis.co.uk

Amelia: bodywisetherapies18@gmail.com 07814 038 015

Michelle: info@michelleprocter.co.uk

Sara H: s_hennessy86@hotmail.com

Damian: damian4massage@gmail.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