



Calendar — Yoga & meditation mornings 2026-2027

Kundalini yoga, pranayama and Osho meditation: three Saturday mornings, from 6.30 to 11.30 am, to build a deep ritual — sadhana from 6.30 am, shared breakfast, then meditations at 9.30 am. Each morning has its own theme, and you can come for the sadhana only, for the meditations only, or enjoy the whole morning.

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September

2026

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October

2026

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17  Morning 6.30 am	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

2026

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December

2026

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January

2027

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9  Morning 6.30 am	10
11	12	13	14	15	16	17

February

2027

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

18	19	20	21	22	23	24
25	26	27	28	29	30	31

22	23	24	25	26	27	28
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March2027						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April2027						
M	T	W	T	F	S	S
			1	2	3  Morning 6:30 am	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May2027						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June2027						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July2027						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Your gatherings in detail — 3 gatherings

Saturday 17 October 2026

11:30

Opening the season gently

Kundalini yoga, pranayama and Osho meditation to open the season gently and deeply.

Saturday 9 January 2027

11:30

Light at the heart of winter

A bright pause in the heart of winter: re-centring, breath and shared silence.

Saturday 3 April 2027

11:30

The surge of spring

Spring as momentum: revive your energy, cultivate presence and joy.

 **Book by message — places are deliberately limited**
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