

WHAT TO EXPECT

Here at Tribe we strive to create a positive experience for everyone and to achieve this we have devised a common Studio Etiquette. Please arrive 15 minutes before your class (included in class schedule). There will be no admittance after a class has started. Please wear a face covering all times you are not on the mat or bike.

Communication devices are not allowed in the studio. Unless otherwise instructed please do not speak in class. If you have any special medical considerations please notify your instructor.

Please bring your own mat and props. We also sell our own Tribe mats, if you don't have your own. Please note we have a 10 hour cancellation policy, to avoid loss of class pack, please cancel before this time frame by emailing us.

For more information on our updated procedures please visit tribe.yoga/updates

PRICING

INTRO OFFER OF 3 CLASSES	1 CLASS
£30.00 VALID FOR 1 MONTH	£15.00 VALID FOR 1 MONTH
5 CLASSES	10 CLASSES
£60.00 VALID FOR 3 MONTHS	£105.00 VALID FOR 6 MONTHS
20 CLASSES	
£200.00 VALID FOR 6 MONTHS	

Classes are subject to change and are often full, please book your class in advance to avoid disappointment.

Visit www.tribe.yoga for more information.



GET IN TOUCH

Email: studio@tribe.yoga

Web: www.tribe.yoga



WHERE ARE WE

LOCATION

Tribe Yoga New Town is located in the heart of the UNESCO world heritage site that is New Town, a 4 minute stroll from bustling George Street.

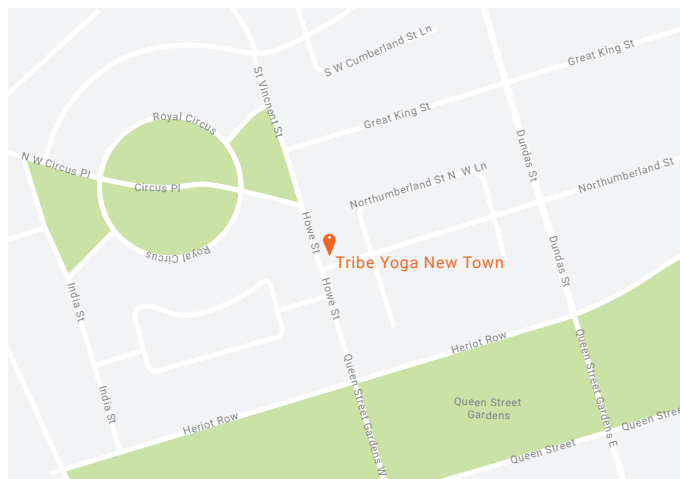
Tribe Yoga, 71-75 Northumberland Street, Edinburgh, EH3 6JG, Scotland

PARKING

There is limited parking around the studio. Additional spaces can be found on Heriot Row, a 1-2 minute walk from the studio

OUR APP

Don't forget to download the Tribe Yoga App available for iPhone and Android.



TRIBE YOGA

NEW TOWN



AUTUMN 2020 SCHEDULE

YOGA | BARRE | PILATES

WWW.TRIBE.YOGA

ABOUT OUR CLASSES

FLOW

This upbeat, creative Vinyasa style practice seamlessly links breath and movement. It will keep you present and empower you with the strength to face anything. You can certainly expect to have fun in these playful flow classes.

TRIBE CYCLE

Our in house developed Tribe Cycle class is reinvented indoor cycling. With inspirational and uplifting coaching, awesome beats with a full-body workout including weights, this 45-minute class will transform the way you look and feel. This is not like a spin or indoor cycling class you have done elsewhere in the UK!

BEGINNERS FLOW

All our classes are open to all levels, but if you prefer to practice alongside other novices, then we have several beginners classes. These teach the postures in a step-by-step manner with the correct breathing techniques. This is a great opportunity to build a foundation and expand your practice.

POWER

This class is similar to Flow and is practiced at 26°C but with a greater focus on building your core strength. A workout for body and mind, find your inner power regardless of your skill level.

TRIBE 24

Tribe 24 is a 45 or 60 minute class with 24 postures that will build strength and set the foundation for a safe practice. It is a great class to enhance your practice. This class is practised at 26 degrees. Suitable for all levels, including beginners.

BARRE

Barre is a fun and empowering class set to upbeat music. The ballet barre is used to sculpt the lower body, strengthen your core and increase your flexibility.

PILATES

With a focus on core strength, balance and posture alignment, our Pilates classes are suitable for all ages and ability. Whilst improving body awareness, Pilates sculpts and tones your entire body.

YIN YANG

Yin Yang is a class that balances the newly developed Yin practice for a portion of the class with traditional Yang practices for the remainder. This class can provide you with a practice that starts with deep, introspective, and quiet mindfulness that evolves into an energizing and uplifting movement that sets you on your way for the rest of your day.

YIN

Yin is designed to help you sit longer and more comfortably in meditation by stretching connective tissues around the joints. Yin involves variations of seated and supine poses typically held for 3 to 5 minutes accessing deeper layers of fascia. Learn to open your body and release any stress or physical tension that resides within.

NEW TOWN TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 - 07:45 FLOW EXPRESS Warm 26°	06:45 - 07:45 FLOW EXPRESS Warm 26°	06:45 - 07:45 POWER EXPRESS Warm 26°	06:45 - 07:45 FLOW EXPRESS Warm 26°	06:45 - 07:45 PILATES EXPRESS Normal 21°	08:45 - 10:00 FLOW Warm 26°	08:45 - 10:00 FLOW Warm 26°
	09:00 - 10:00 BARRE Normal 21°		09:00 - 10:00 BARRE Normal 21°		10:45 - 12:00 FLOW Warm 26°	10:45 - 12:00 POWER Warm 26°
10:15 - 11:30 FLOW Warm 26°	10:15 - 11:30 FLOW Warm 26°	10:15 - 11:30 FLOW Warm 26°	10:15 - 11:30 POWER Warm 26°	10:15 - 11:15 BARRE Normal 21°	12:45 - 14:00 YIN YANG Warm 26°	12:45 - 14:00 PREGNANCY FLOW Normal 21°
12:15 - 13:30 YIN YANG Warm 26°	12:15 - 13:30 POWER Warm 26°	12:15 - 13:30 FLOW Warm 26°	12:15 - 13:30 YIN YANG Warm 26°	12:15 - 13:30 GENTLE FLOW Normal 21°	14:45 - 16:00 PILATES Normal 21°	14:45 - 16:00 FLOW Warm 26°
	14:45 - 16:00 MUM & BABY BARRE Normal 21°		14:45 - 16:00 MUM & BABY PILATES Normal 21°		16:45 - 18:00 FLOW Warm 26°	16:45 - 18:00 GENTLE FLOW Normal 21x°
17:30 - 18:45 FLOW Warm 26°	17:30 - 18:45 FLOW Warm 26°	17:30 - 18:45 POWER Warm 26°	17:30 - 18:45 FLOW Warm 26°	17:30 - 18:45 POWER Warm 26°	18:45 - 20:00 GENTLE FLOW Normal 26°	18:45 - 20:00 YIN Warm 26°
19:15 - 20:30 POWER Warm 26°	19:15 - 20:30 YIN Warm 26°	19:15 - 20:30 FLOW Warm 26°	19:15 - 20:30 POWER Warm 26°	19:15 - 20:30 FLOW Warm 26°		

*Please note, we have included a 15 minute check-in time for every class, which is essential for COVID regulations.