

New Yoga Class

HATHA FLOW YOGA
(Tuesdays Term time only)

7.15 - 8.15pm
Doynton Village Hall

Join me for a Tuesday yoga tune up with a Hatha Yoga class suitable for any level of ability and experience.

Each class will be based on a balance of yin and yang energy. Starting with a theme to guide us, we will move through a breath-led flow from pose to pose to build strength, flexibility, alignment and health in the body and mind (yang).

During the second half of the class, we will move into slower, longer-held floor-based poses which reach more deeply into the connective tissues of the body and sooth the nervous system (yin).

There will always be time for savasana relaxation and maybe a meditation practice every now and again.

All of this in just one hour!

Booked in termly blocks @ £42 per block:

June 6th - July 11th
September 5th - October 17th
October 31st - December 12th