

NEW! Hot Yoga

LOOK OUT FOR TASTER CLASSES IN THE
LAST TWO WEEKS OF SEPTEMBER

STARTING 1 st OCTOBER						
MONDAY	Vinyasa Flow 7.00-7.45am	Vinyasa Flow 8.00-8.45am	Vinyasa Flow 12.15-1pm	Vinyasa Flow 1.15-2pm	Vinyasa Flow 5.15-6pm	Vinyasa Flow 6.15-7pm
TUESDAY	Vinyasa Flow 7.00-7.45am	Vinyasa Flow 8.00-8.45am	Vinyasa Flow 12.15-1pm	Vinyasa Flow 1.15-2pm	Vinyasa Flow 5.15-6pm	Vinyasa Flow 6.15-7pm
WEDNESDAY	Vinyasa Flow 7.00-7.45am	Vinyasa Flow 8.00-8.45am	Vinyasa Flow 12.15-1pm	Vinyasa Flow 1.15-2pm	Vinyasa Flow 5.15-6pm	Vinyasa Flow 6.15-7pm
THURSDAY	Vinyasa Flow 7.00-7.45am	Vinyasa Flow 8.00-8.45am	Vinyasa Flow 12.15-1pm	Vinyasa Flow 1.15-2pm	Vinyasa Flow 5.15-6pm	Vinyasa Flow 6.15-7pm
FRIDAY	Vinyasa Flow 7.00-7.45am	Vinyasa Flow 8.00-8.45am	Vinyasa Flow 12.15-1pm	Vinyasa Flow 1.15-2pm	Vinyasa Flow 4.30-5.15pm	Nurturing Flow Event 5.30-7.30pm

Vinyasa Flow: £12/£14 non-members

Nurturing Flow Event: £25

WHAT YOU NEED TO KNOW

- Hot Yoga is for every 'body' you do not have to be bendy flexible or thin.
- Do not compare yourself to others in the class, it is just about you.
- Hot Yoga is carried out on your own towel or mat, this prevents you slipping around once sweaty.
- Bring your own towel or mat however mats are available for free.
- Hydrate Hydrate Hydrate before/ during / after your class.
- Chat to your instructor about anything, even if you are just having a bad day.
- If you are new stand at the back and copy others, we were all new once.

CLASS DESCRIPTIONS

Vinyasa Flow

Our 45 minute signature Vinyasa Flow combines passive and active postures using your breath to deepen the experience both physically and mentally. Your instructor will guide you throughout the class working your body and calming your mind in equal measure.

Suitable for all levels

Nurturing Flow Event

Relax and unwind at the end of the week in this 2hr bliss-fest! In our lovely studio you will be guided gently through a slower flow, giving you time for reflection whilst nurturing mind and body

Ideal for beginners or anyone seeking nirvana at the end of a busy week!