

6 week Yoga Course with Nina

Wednesdays April 10th – May 15th, 7.30-8.45pm

A six week alignment based yoga course. Each week we will focus on a different group of yoga asana. Students of all levels of experience are welcome.

The sessions can be booked individually (£14 per session) with the links below. The entire course can be booked for £60.*

Week 1 Apr 10 : standing & seated

[Booking here](#)

Week 2 Apr 17 : standing & inversions

[Booking here](#)

Week 3 Apr 24 : standing & forward-bends

[Booking here](#)

Week 4 May 1 : standing & backbends

[Booking here](#)

Week 5 May 8 : twists & abdominal asana

[Booking here](#)

Week 6 May 15 : restorative

[Booking here](#)

All six sessions Apr 10 - May 15 : £60*

[Booking here](#)

*All 6 sessions should be used within the 6 week term; students may attend the Tuesday class where needed. Outstanding classes may be carried through to the next term when students have signed up for a 6 class term.

For more information
please email

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