

**Ashtanga Beginners Course with Sam**  
**Sundays, Tuesdays & Fridays in May,**  
**3<sup>rd</sup> - 31<sup>st</sup>, 7am start**



One month early morning Ashtanga beginners course. Over the 13 sessions you will learn the beginning of the Ashtanga primary series slowly, step by step. We will start small and gradually build up over the month. We will cover breathing techniques, chanting and a modified sequence that will give you the confidence to start self practice either at home or in a studio.

For more information please email [sammyclair@hotmail.co.uk](mailto:sammyclair@hotmail.co.uk)

Cost: £99 for all 13 dates

Booking is essential

Details of dates, times and to book [here](#)