

Yoga Wheel Workshop (by request!) with Sam

Sunday February 10th, 10.00-11.30



An hour and a half dedicated to practicing and exploring the yoga wheel. The yoga wheel is Sam's favourite yoga prop and since buying it she uses it nearly everyday! The wheel is great for the upper back and shoulders – great for before backbending.

Please bring your own yoga wheel as we don't have spares. The one Sam uses, as pictured is 33cm diameter and is perfect unless you are tall, if so you may want a larger wheel. You can purchase from Amazon [here](#)

Date: Sunday February 10th

Time: 10.00-11.30

Cost: £15

[Booking here](#)

Limited numbers, so please do book asap