

**Traditional Hatha Yoga Classes with Jody**  
**Thursdays 6.15-7.15pm and Saturdays 9.00-10.30**



**I have been teaching these classes since 1999! They have of course changed over the years....**

**They are a combination of:**

- exercises to maintain/improve joint flexibility
- postures to increase strength and stamina
- salutation for flexibility, strength and concentration
- postures for muscle tone, flexibility and strength
- breathing mindfully to increase prana (energy)
- a well-earned relaxation at the end of the class

Thursdays 6.15 - 7.15pm £10

Saturday 9.00-10.30am £12

Or £55 per calendar month to attend unlimited asana classes with me at Yoga Akasha.

Please email [Jody@YogaAkasha.co.uk](mailto:Jody@YogaAkasha.co.uk) with any questions.



**Yoga Akasha**

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