



## Yoga Beginners 2, 6 week Course with Nina Tuesdays 7.30-8.45pm, starting October 23<sup>rd</sup>



Nina's Yoga Beginners 2 course is specially designed to build confidence in the foundational yoga postures, including the standing postures, key seated postures, forward-bends, back-bends, and inversions. During the 6 weeks students will develop strength, stamina and flexibility and improve their technique.

The course follows on from Nina's beginners course and so perfectly suited to those students who have attended this course. Students with other yoga experience are welcome to join, and the course is also suitable for complete beginners.

Nina offers a two hour catch up workshop to students who have not attended the Yoga Beginners 1 course. (See workshop on Friday October 19<sup>th</sup> on our events page)

Cost: £60 for the 6 weeks, £12 drop in

**\*\*Special offer: attend this and Nina's Wednesday course for £72\*\***

Bookings: [www.ninaforbes.com/classes](http://www.ninaforbes.com/classes)

**\*\*Missed Tuesday classes can be made up within the 6 week period by attending the Wednesday evening class\*\***