

Yoga Technique classes with Nina throughout August

Tuesdays 10.35-11.50 & Wednesdays 7.30-8.45pm



Nina will be teaching technical classes throughout August in her Tuesday morning (10:35-11:50am) and Wednesday evening classes (7:30-8:45pm).

1st/2nd Back-bends: dropping back & standing up

8/9th forward bends

15/16th standing postures

22/23 inversions and restorative

29/30 chair backbends

£12 drop-in

£50 for 5 classes (no expiry)

£50 for the whole of August (all 10 classes)

For more info or to book please contact Nina:

www.ninaforbes.com/classes

NINA FORBES

07722836116

forbes.nina@gmail.com



Yoga Akasha

1st floor, The Old Mill, 45 London Road,
East Grinstead, West Sussex, RH19 1AW

www.yogaakasha.co.uk

