

Tuesdays and Wednesdays, 7.30-8.45pm New Yoga Foundations courses with Nina

NINA FORBES



New courses with Nina

From July 31st, Nina will be teaching her 6 week courses at Akasha on two nights of the week, giving students double the opportunity each week to make it to class. She is also offering a special offer to students who wish to come to more than six of the classes.

Tuesday 7:30-8:45pm 31st July - 4th September Yoga Foundations level 1/2

Wednesday 7:30 - 8:45pm 1st August - 5th September Yoga Foundations level 1/2

6 classes: £60 (valid for Tues & Weds classes within the 6 week period)

12 classes: £72 (valid for Tues & Wed classes within the 6 week period)

Students are also welcome to drop-in for £12.

Students who are new to Nina's classes are recommended to join at the beginning of the course. The courses are suitable for beginners as the foundations of all the postures will be clearly taught and the emphasis will be on the standing postures. More experienced students will benefit greatly from the detailed instruction in the foundational postures and the clear method taught to practising backbends and inversions.

Bookings : nina@ninaforbes.com

www.ninaforbes.com/classes



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