

**6 week Beginners Yoga Course with Nina
Tuesdays September 11th - October 16th, 7.30-8.45pm**



Nina's beginners yoga course is specially designed to teach basic yoga postures to new students of all ages so they can develop strength, stamina and flexibility.

The standing postures, which are the foundation of any yoga practice, will be covered in-depth, along with seated postures, forward-bends, back-bends and inversions.

Cost: £60

Bookings : www.ninaforbes.com/classes
nina@ninaforbes.com

Missed classes can be made up within the 6 week period by coming to Nina's Wednesday class. Students wishing to come to more than 6 classes can come to all 12 classes (Tuesdays and Wednesdays) for £72.

Classes can also be dropped into for £12 per class.