



Yoga Intermediate 2, 6 week Course with Nina Wednesdays 7.30-8.45 starting October 24th



Nina's Yoga Intermediate 2 course is specially designed to gain greater expertise in the foundation and intermediate yoga postures, including the standing postures, seated postures, intermediate level forward-bends, back-bends, inversions and arm balances. During the 6 weeks students will develop strength, stamina and flexibility and further improve their technique.

The course follows on from Nina's intermediate course and so is perfectly suited to those students who have completed this course. Students with other yoga experience are welcome to join, and students that have attended other courses with Nina.

A two hour catch up workshop is available to students who have not attended the Yoga Intermediate 1 course. (Please see workshop on Friday October 19th on the events page).

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

**** Special offer – attend this & Nina's Tuesday course for £72****

Bookings: www.ninaforbes.com/classes

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