

6 week Intermediate Yoga Course with Nina

Wednesdays September 12th - October 17th, 7.30-8.45pm



In this 6 week course we will be introducing salamba sirsasana (headstand) and arm balances and learn asana that prepare us and improve our capacity for these. We will work on opening the shoulders, thoracic spine & hip flexors and build strength for urdhva dhanurasana (aka the wheel) and work on preparation asana for more advanced backbends.

We will work on stabilisation and mobility in our standing forward bends and introduce further seated forward bends & twists, and we will deepen our exploration of salamba sarvangasana (shoulderstand) & other inverted restorative postures.

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.