

**New Ashtanga Yoga Course with Sam  
starting Tuesday October 2<sup>nd</sup>, 7.00-8.00am**



1 month follow on Ashtanga Beginners course.

All Tuesday, Friday and Sunday mornings,  
7.00-8.00am in October.

This course is suitable for students who have attended an  
Ashtanga beginners course or classes

For further details please email [sammyclair@hotmail.co.uk](mailto:sammyclair@hotmail.co.uk)

To book please [click here](#)