

# Ashtanga - short primary sequences with Sam

**Mondays September 3<sup>rd</sup> – October 15<sup>th</sup>, 6.15-7.30pm**



Learn different ways to practice a short Ashtanga sequence. Many students want to practice frequently but don't have the time to do the whole series, despite being physically ready. Over these seven weeks we will have fun exploring and learning new ways to practice. One week we might focus on building strength and another we might slow it down and allow time for a full finishing sequence.

Limited space, advance booking only.

Dates: Mondays September 3<sup>rd</sup> – October 15<sup>th</sup>

Time: 6.15-7.30pm

Cost: £77

[Booking here](#)

For more information please email [sammyclair@hotmail.co.uk](mailto:sammyclair@hotmail.co.uk)