

Calm Before Christmas with Sam

Sunday December 16th

10.00-1.00



Calming slow flow vinyasa and restorative Yoga morning.

A slow morning of vinyasa flow sequences that will focus on creating gentle rhythms of breath and movement. The morning will end with a long restorative finishing sequence, guided savasana and mince pies with a hot winter drink.

Date: Sunday December 16th

Time: 10.00-1.00

Cost: £30

[Booking here](#)

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