

## Yoga Foundations with Sam

**Fridays November 2<sup>nd</sup> – December 14<sup>th</sup>, 9.30-10.30am**



Yoga for all levels.

Fun, friendly and relaxed class this is perfect for beginners. We use as many props as students want and always finish with a relaxing finishing sequence, perfect before the weekend!

Limited space, advance booking only. You are welcome to start anytime during the module and just pay for the remaining weeks.

Dates: Fridays November 2<sup>nd</sup> – December 14<sup>th</sup>

Time: 9.30-10.30am

Cost: £70

[Booking here](#)

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