

Yoga Foundations - extended sequences

Half term module with Sam

Mondays October 29th – December 17th, 11.00-12.00



An eight week module focusing on the Yoga ropes. Come and learn to find space and alignment in postures. Yoga ropes allow you to self-assist and find stability and security in your asana practice.

Each week we will look at one foundation posture in detail. We will continue to use the ropes and other props to gain support and stability. Beginners are welcome to join.

Limited spaces, advance booking only.

You can start anytime through the module and pay for the remaining weeks.

Dates: Mondays October 29th – December 17th

Time: 11.00-12.00noon

Cost: £80

[Booking here](#)

For more information please email sammyclair@hotmail.co.uk

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