

Yoga Ropes 3 Week Taster Course with Sam

Mondays August 6th, 13th & 20th



Learn to find space and alignment in postures. Yoga ropes allow you to self-assist and find stability and security in your asana practice.

Limited spaces, advance booking only.

Dates: Mondays August 6th, 13th & 20th

Time: 11.00-12.00noon

Cost: £30

[Booking here](#)

Yoga Akasha

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