

Yoga Foundations - Yoga Ropes half term module with Sam

Mondays September 3rd - October 15th, 11.00-12.00



A seven 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.

Limited spaces, advance booking only.

Dates: Mondays September 3rd – October 15th

Time: 11.00-12.00noon

Cost: £70

[Booking here](#)

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