

Ashtanga Yoga beginners course

September 2nd – 30th with Sam

Autumn term, 1 month early morning intensive course.

Come and learn Ashtanga Yoga the traditional way! Starting Sunday 2nd September
Sundays, Tuesdays and Fridays, 7am start.

The most effective way to learn any new skill is to practice little and often with lots of repetition. On the first day we will learn about ujjayi breath, the Sun Salutations and a short finishing sequence. Each session following we will either repeat the previous lesson or learn one new posture. Slowly over the month we will increase class times from 45mins for the first session to an hour and half on the last session.

Start something new and transform your life!

- Sun, 2 Sept 7 - 7:45am
- Tue, 4 Sept 7 - 7:45am
- Fri, 7 Sept 7 - 7:45am
- Sun, 9 Sept 7 - 8am
- Tue, 11 Sept 7 - 8am
- Fri, 14 Sept 7 - 8am
- Sun, 16 Sept 7 - 8am
- Tue, 18 Sept 7 - 8am
- Fri, 21 Sept 7 - 8am
- Sun, 23 Sept 7 - 8am
- Tue, 25 Sept 7 - 8am
- Fri, 28 Sept 7 - 8am
- Sun, 30 Sept 8 - 9:30am



For more information, or with any questions please email sammyclair@hotmail.co.uk

Please [click here](#) to book, limited spaces available.