

Vinyasa Flow classes with Sam Mondays 6.15-7.30pm & Wednesdays 6.15-7.15pm



Beautiful flowing sequences you can synchronise your breath to. Sweeping in and out of uplifting and playful postures, we will work towards a different peak pose each week. Examples include but not limited to; camel pose, bow pose, pigeon pose and peaceful warrior to name a few. Please bring a yoga wheel with you if you have one.

Mondays 6.15-7.30pm – [Booking here](#)

Wednesday 6.15-7.15pm – [Booking here](#)

Classes booked in half term blocks to encourage commitment, consistency and progress, though you can start part way through and just pay for the remaining weeks.

Limited spaces, booking essential: www.bookwhen.com/samgentyoga

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

Yoga Akasha

1st floor, The Old Mill, 45 London Road,
East Grinstead, West Sussex, RH19 1AW
www.yogaakasha.co.uk

