

Vinyasa Flow classes with Sam Starting Monday 29th & Wednesday 31st October



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

Wednesday 6.15-7.15pm

Classes booked in half term blocks to encourage commitment, consistency and progress.

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

**** October 22nd-26th is half term - no classes with Sam****

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

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