

Vinyasa Flow with Sam

Wednesdays September 5th – October 17th, 6.15-7.15



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.

Limited space, advance booking only.

Dates: Wednesdays September 5th – October 17th

Time: 6.15-7.15pm

Cost: £70

[Booking here](#)

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