

Vinyasa Flow Yoga with Sam

Wednesdays April 24th – May 29th, 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.

Dates: Wednesdays April 24th – May 29th

Time: 6.15-7.15pm

Cost: £60

[Book here](#)

You can start anytime during the module and pay for the remaining sessions.

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