

Yoga Foundations – Practice A, with Sam

Fridays September 7th – October 19th, 9.30-10.30am



This foundation module will focus on 5 foundation postures or elements.

- 1) Tadasana
- 2) Bhujangasana
- 3) Asymmetric seated postures
- 4) Pascimatanasana (seated forward fold)
- 5) The Finishing Sequence

Each week we repeat the same sequence but we will take different approaches. We will use props to help us gain comfort and support. This hour long session is a great base practice to build upon and develop over time.

Limited space, advance booking only.

Dates: Fridays September 7th – October 19th

Time: 9.30-10.30

Cost: £70

[Booking here](#)

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