

Yoga Wheel Workshops with Sam

Sundays June 30th & August 18th, 9.30-11.00



Come and learn to use the yoga wheel for home practice and deepening your backbends.

Check out my Yoga Wheel for beginners video on YouTube

<https://youtu.be/Nh9ZsuD36Lg>

Please bring your own yoga wheel as we don't have spares. The one Sam uses, as pictured is 33cm diameter and is perfect unless you are tall, if so you may want a larger wheel. You can purchase from Amazon [here](#)

Time: 9.30-11.00am

Dates:

Sunday June 30th, cost £20, please book [here](#)

Sunday August 18th, cost £20, please book [here](#)

Both workshops, cost £35, please book [here](#)

Limited numbers, so please do book asap

Yoga Akasha

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