



BUILDING STRONG MENTAL & PHYSICAL FOUNDATIONS THROUGH THE PRACTICE OF YOGA

Alignment-Based Vinyasa Yoga

Expect a flow style sequence combined with breaking postures down so you have the time to really experience what feels good for your body and practice safely.

Great for beginners or more advanced yogis who want to get back to basics.

£7.50 one-off class or £25 for a block of 4

Booking is required, get in touch to book your place.

Contact

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JOIN ME on the mat

**Tues 7- 8am
Tranquility
Beeston**

**Weds 6-7pm
St Helen's Church
Stapleford**

**Fri 10-11am
Sherwood
Methodist Church**