

## Gentle Yoga with Sam

Fridays September 6<sup>th</sup> – October 25<sup>th</sup>, 9.30-10.30



This is a calm gentle class, an hour of nourishment. We practice short sequences that focus on creating gentle rhythms of breath of movement. This yoga class is suitable for complete beginners and people who may feel nervous about starting a new class.

Dates: Fridays September 6<sup>th</sup> – October 25<sup>th</sup>

Time: 9.30-10.30am

Cost: £70

[Please book here](#)

You can start part way through and pay for the remaining sessions.

For more information please email [sammyclair@hotmail.co.uk](mailto:sammyclair@hotmail.co.uk)