

Yoga to Unwind with Sam

Thursdays September 5th – October 24th, 6.15-7.15pm



Do you feel stiff and aching after work?

Have you been rushing around after children all day?

Do you need time to unwind before a restful nights sleep?

This yoga class provides space to move, breath and relax. Join us to unwind and prepare for the evening with some Sun Salutations to move and stretch the body followed by a short asana practice and restful finishing sequence.

This class is suitable for beginners and experienced students. We use a variety of props including bolsters, chairs and blankets to ensure everyone is comfortable.

Please email if you have any questions.
Or book now to reserve a space.

Dates: Thursdays September 5th – October 24th

Time: 6.15-7.15pm

Cost: £80

[Please book here](#)

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

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