

## Beginners Flow Yoga with Sam

Tuesdays September 3<sup>rd</sup>-October 22<sup>nd</sup>, 9.30-10.30am



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: Tuesdays September 3<sup>rd</sup> – October 22<sup>nd</sup>

Time: 9.30-10.30am

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](mailto:sammyclair@hotmail.co.uk)