

## Budokon Yoga with Gina Mondays 6.15-7.15pm



Budokon is a mind and body art form inspired by the ancient traditions of Yoga, Martial Arts, Zen Meditation and the study of animal movement. If you enjoy power yoga and dynamic flow yoga styles, then you will enjoy this high-energy workout.

We will explore greater physical possibilities through mobility and the focus on the fluidity of transitioning from one shape to the next, rather than just the shapes themselves.

Budokon Yoga helps increase overall flexibility, core strength, agility, balance and mental focus.

These classes are suitable for all levels.

Cost: £10 per class or £50 for 6

For bookings and any questions, please contact Gina  
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