

## Gentle Yoga with Sam

Fridays February 28<sup>th</sup> – April 3<sup>rd</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: Fridays February 28<sup>th</sup> – April 3<sup>rd</sup> (6 sessions)

Time: 9.30-10.30am

Cost: £60

Booking: Please [click here](#) for booking page

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)