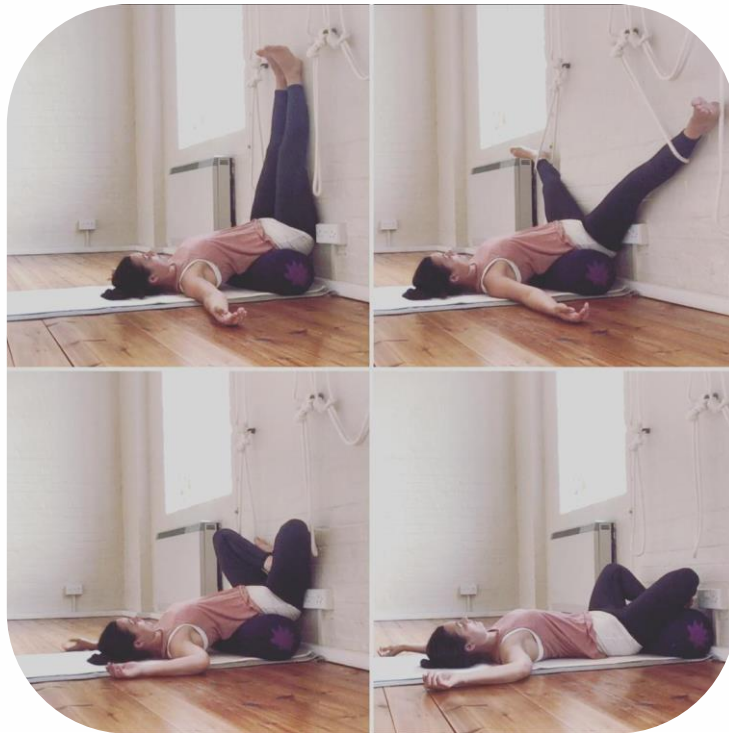


Relax and Unwind – Gentle Yoga with Sam

Thursdays February 27th – April 2nd, 6.15-7.15pm



Prepare your body for a good night's sleep. In this class we start by gently moving the body and stretching out the activities of your day. We then enjoy long restful postures to unwind the body and calm the mind.

Please wear comfortable clothing, layered is best, we will warm up and cool down - jumper, sweatshirt, cardigan type things.
Arrive hydrated with an empty stomach.
Feel free to bring your own bolsters and/or favourite blanket.

Dates: Thursdays February 27th – April 2nd (6 sessions)

Time: 6.15-7.15pm

Cost: £60

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

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

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