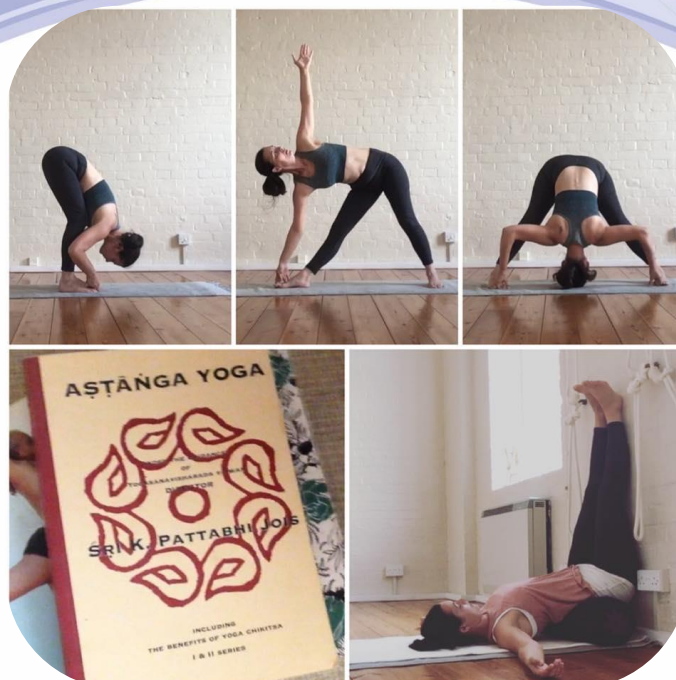


Slow Flow Ashtanga Foundations with Sam

Tuesdays February 25th – March 31st, 8.45-10.00am



Slow flowing short Ashtanga sequences.

Class opens casually at 8:45am for a warm up using the yoga ropes and wheels.

We will formally start class at 9:00am with gentle flowing sun salutations.

I'm keeping the class to 8 so we have lots of room for restorative postures with props at the end.

Please wear something comfortable, arrive with an empty stomach. No drinking during practice.

Dates: Tuesdays February 25th – March 31st (6 sessions)

Time: 6.15-7.15pm

Cost: £75

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