

**Easter Sun Salutations with Sam**  
**Tuesdays April 7<sup>th</sup> & 14<sup>th</sup> 9.00-10.00am**  
**& Fridays April 10<sup>th</sup> & 17<sup>th</sup> 9.30-10.30am**



An introduction to Sun Salutations. Sun salutations are the foundation of many modern yoga classes. During these mini workshops we will look at traditional salutations as well as some fun variations.

Because this is not a course, students can attend one or all of these mini workshops.

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

For more information please email [sammyclair@hotmail.co.uk](mailto:sammyclair@hotmail.co.uk)