

# Morning Sun Salutations with Sam – Online Sunday March 22<sup>nd</sup> – Tuesday 31<sup>st</sup>, 7.15-7.45am (10 sessions)



10 days of Sun Salutations in the comfort of your home.

Sun Salutations are the most beautiful way to start the day. Waking up the spine and body with a flowing meditative sequence helps prepare your body and mind for the day ahead. This short course is about creating a short regular home practice.

We're going to keep it nice and simple. Little and often is the key!

We will be using Zoom, please download the app onto your phone, iPad, tablet, laptop or pc the day before the first class.

Students must take responsibility for themselves and know when they need to rest. I do not teach children, any children watching with you are the responsibility of the adults caring for them.  
If you have any questions please email me.

Cost: £25 for the 10 sessions

Please book [here](#)

Please email [sammyclare@hotmail.co.uk](mailto:sammyclare@hotmail.co.uk) for more information.