

# YOGA CLASSES



  
sueyoga  
Yoga Instructor



## HATHA & VINYASA FLOW

**LEVEL: BEGINNERS & INTERMEDIATE**

Ease gently out of winters hibernation and move forwards into spring. Yoga can bring improvements in strength balance and flexibility, conditioning the whole of the body, as well as relieving stress, and calming the mind through movement-based postures and breathing practices

Classes held:

**Stocksmoor Village Hall**

Friday 10am-11am Hatha Yoga

**Highburton Village Hall**

Saturday 9am-10am Hatha

Saturday 10.15-11.15am Vinyasa Flow

For Further Information please visit:

**[www.sueyoga.uk](http://www.sueyoga.uk)**

Contact Sue on:

**07979 370 323 [sue@sueyoga.uk](mailto:sue@sueyoga.uk)**

Please bring your own mat to class as we have only a limited number, comfortable clothing recommended and yoga blocks will be provided