



Freestyle Fitness Yoga

Mondays 9.15 - 10

Please let me know if you have any queries
£4.50 on the door
(Included for all members on d/d packages).

There is no dogma, chanting or use of Sanskrit terms as postures are offered from a modern fitness perspective. We adopt a mindful method of teaching that reflects the Buddhist traditions of Yoga but in a more contemporary and social environment. We avoid prescriptions of extreme postures that exceed optimal ranges of motion in favour of individual strengths and performance. Allow yourselves 8 weeks to 'get it'.
You'll love it!

NB – There are certain contraindications to Yoga - please let Cat know of any medical conditions you may have and she will advise on suitability for this session.

