

## **Yoga with Sally Dyer**

### **Latest Yoga news July 2010**

The last Yoga class will be on the 4<sup>th</sup> August before we break for 4 weeks over the summer.

During this break I will be running a 'deepen your Yoga practice' workshop on Tuesday 24<sup>th</sup> August from 10 – 12.30pm. This will be suitable for all levels of experience and the cost is £20, but if paid in advance the cost is only £15.

Pre-booking is essential.

### **Classes in the autumn start on the 8<sup>th</sup> September**

#### **Wednesday 9.30 – 11am**

A flowing and energizing class including a mixture of vinyasa flow (series of dynamic postures) to build stamina and strength, and static postures to increase flexibility. Breath awareness is a strong theme through out the class. These classes work in six weekly themes allowing the more experienced student to take their practice deeper both mentally and physically.

Suitable yogis with previous experience

**Cost £48 for a block 6 classes or £10 per class – pre booking essential**

#### **Wednesday 11.30 – 12.30pm**

Community Yoga, this is a half price class, open to everyone (men and women) of all ages and physical ability. A breath focused class, learning how to move the body with fluidly and ease, resulting in greater flexibility and suppleness.

**Cost £4 - just turn up on the morning as no pre booking necessary**

For more information on Yoga please contact

Sally on 07740409401

Or visit my website at [www.arundelyoga.co.uk](http://www.arundelyoga.co.uk)

