

UPCOMING YOGA WORKSHOPS

DATE	WORKSHOP	TIME	COST
26 May [Saturday]	Foundational Series 1 - Sun Salutations. Drilling down the sun salutation sequence. A key to Power & Rocket Yoga. We look at the alignment of each individual pose and then at the transitions between the poses. Highly recommended for beginners and anyone that has been taught Chataranga “the old way”.	1.15-3.15pm	\$25.00
9 June [Saturday]	Foundational Series 2 - Foundations of Standing Poses. In this workshop we will be working through the alignment of all warrior and triangle poses. Suitable for all levels of students. Highly recommended for beginners.	12.30-3.30pm	\$35.00
23 June [Saturday]	Hot Yoga I - The Standing Poses Workshopping the alignment of the standing sequence of our hot yoga series.	12.00-3.30pm	\$45.00
7 July [Saturday]	Foundational Series 1 - Sun Salutations. Drilling down the sun salutation sequence. A key to Power & Rocket Yoga. We look at the alignment of each individual pose and then at the transitions between the poses. Highly recommended for beginners and anyone that has been taught Chataranga “the old way”.	1.15-3.15pm	\$25.00
21 July [Saturday]	Hot Yoga II - The Seated Series. Workshopping the alignment of the seated sequence of our hot yoga series.	12.00-3.30pm	\$45.00

WORKSHOPS TO BE BOOKED AND PAID FOR BY THE THURSDAY BEFORE THE WORKSHOP. MINIMUM NUMBERS REQUIRED FOR EACH.

BOOKINGS CAN BE MADE ONLINE OR AT THE STUDIO.