



## Power Yoga



Think you know what Yoga is? Maybe not, there are more styles than can be counted on two hands! We are really excited to be adding a new dynamic Power Yoga course to our timetable, also known as Vinyasa Flow Yoga, this powerful movement orientated practice uses the resistance of your own body weight to strengthen the entire body, you'll flow from one posture to the next working on strength, balance and building flexibility which comes easier as you build heat in the muscles all ready to finish up with a good stretch before some final relaxation – much deserved too!



### **Mondays & Thursdays NEW!**

Early Bird Power Yoga Course 06:50-07:50

#### **6 week courses:**

Subscribed members £20.00

Loyalty card holders £30.00

Non-members £35.00

**If you book a second Power Yoga course at the same time you will get a reduced rate for this one at:**

Subscribed members £10.00

Loyalty card holders £15.00

Non-members £20.00

*\*T&C's apply*