



**HATHA YOGA
MONDAY WITH ALBA**

5.45pm - 6.45pm

Level: New Beginner

**ENERGISE BREAKFAST YOGA
TUESDAYS WITH ALBA**

7.00am - 8.00am

Level: Mixed

The **NEW BEGINNERS** class will give you a gentle introduction to Hatha Yoga. Great for students who prefer a more relaxed style where they hold poses longer.



Students will learn breathing techniques, different kind of asanas (postures) to work in the body, to align the chakras, the classical Sun salutation, restorative poses and a deep Shavasana at the end of the class.

Each class will have a different purpose and a chant mantra to open the practice.

For beginners classes all equipment is provided.

All classes are taught in English and Spanish.

COURSE START DATES:

There are frequent courses throughout the year. Please ask for your next available course





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New Beginners to Advanced; All Ages and Abilities Welcome

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 Classes from only £8 per person per class

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FIESTA DANCE CENTRE

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