

Starts
19/6/23

GENTLE YOGA

ABSOLUTE BEGINNERS WELCOME

Mondays, Weekly Lunchtime Yoga Classes

Pricing: £12, £10, £7 or £3 per session



EDINBURGH
COMMUNITY
YOGA

WHEN: Monday's 1-2pm, with Elle

WHERE: Space to Be, 2nd Floor, Gyle Shopping Centre, EH12 9JY

Gentle Yoga (45 minutes) and Relaxation (15 Minutes)

This class will bring awareness to your posture and the alignment of the body. Enabling you to develop an understanding of the yoga postures and breathing techniques with a view to strengthening, increasing cardiovascular development, gaining flexibility and aligning the body through time and practice. Variations are given to suit all levels making it appropriate for absolute beginners, or anybody who wants to slow down and relax.

This class offers an inclusive, laid back and fun atmosphere and will give students the tools to create and sustain a space for relaxation and serenity.

This class will be an hour long however we appreciate not everyone has a full hour to spare at lunch time. Should you need to depart after 45 minutes we will create a suitable 'gap' for those who need to depart quietly before relaxation.

Book your space in advance

BOOK IN ONLINE: www.edinburghcommunityyoga.co.uk
(Click 'Book a Class')

