

Sun Power Yoga

Sun Power Yoga is an eclectic mix of Hatha, Sivananda and Astanga Vinyasa yoga which creates a dynamic, flowing class to connect the mind, body and breath. A typical class will include pranayama (breathing practices), asana (posture work) and opportunity to generate heat and improve flexibility and stamina.

Classes offer something for everyone, regardless of age, fitness or flexibility. Yoga is for everyone, so come along and give it a try!



Mondays, 19:00—20:30


Tranquility Holistic Therapy Centre, High Road, Chilwell

Book online—www.tranquilityevents.co.uk

Contact Sarah for more information:

 **07903029388**

 **@theordinaryyogi**

 **The Ordinary Yogi**

