



Come and enjoy the benefits of yoga!

Classes are suitable for beginner and intermediate students. Different options are explained, so that you work at a pace that is

comfortable for you. Class starts with relaxation and breathing, exploring the “full yogic breath” that reminds us to relax. Then, we work on Sun Salutations to warm up the entire body. From there, yoga postures, or “asanas” are practiced. We finish with relaxation, one of my favourite parts of class, and breathing techniques.

I aim to explain well and encourage safe alignment so you will feel comfortable, relax, and enjoy the benefits of yoga.

Cost

Session block of 5 classes for £35, or £8 per class on a drop-in basis, if space is available.

Yoga mats are available to use.

Schedule of Classes

Tuesday	Thursday	Friday	Saturday
6.00 – 7.00p Clarice House (Class included with Health Club Membership)	6.00 – 7.00p Block D, Unit 5, Cowdray Avenue, Colchester CO1 1BW (near The Range)	6.30 – 7.30p Block D, Unit 5, Cowdray Avenue, Colchester CO1 1BW (near The Range)	8.30 – 9.30a The Tree Room 12 Trinity Street, Colchester CO1 1JN

Yoga by Arlene

07983 567283

yogamindcolchester@yahoo.com

yogamindcolchester.com

YogaMindColchester

Yoga_Mind_Essex



Coming Soon:
**Family
 Yoga**

Please check the
 website for future
 dates