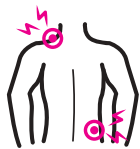




WHICH SARVANGA YOGA CLASS SHOULD I JOIN?



I'VE GOT PAIN / INJURY / TENSION

Restorative Somatics
Somatic or Yoga one-to-ones
Roll & Release



I'M NEW TO YOGA

Yoga For Beginners
Hatha Yoga
Restorative Flow
Functional Core
Restorative Somatics



I'VE GOT SOME EXPERIENCE

Vinyasa Flow
Hatha Yoga
Restorative Flow
Any of the previous classes



I'M READY FOR A CHALLENGE

Vinyasa Flow
Dynamic Vinyasa
Power Flow



I'm stressed / want to learn to meditate / relax

We have Monday morning yoga nidra meditation and regular Friday & weekend relaxation events such as Yin Yoga, Meditation, Sound Baths, Kirtan ...

Meditation is a fundamental aspect of yoga, so ANY of our yoga classes are great for helping you relax. Hatha, Vinyasa, Restorative ... all incorporate elements of meditation & relaxation.

For a list of all classes & to book, visit our site

www.sarvanga.co.uk