

# ASHTANGA YOGA

Power yoga / Vinyasa yoga with a qualified yoga instructor:

A dynamic form of yoga that appeals to people who are into fitness, as it satisfies that need for a good work out

Suitable for people with certain health issues or injuries & good for psychological well-being, particularly stress and anxiety

Develops strength, flexibility, balance and endurance. It also improves breathing and helps prevent injury

Every Friday 12.00-1.00pm

Instructor: Hannah Thomas

Price per session: open to members with classes as part of membership, or £5 pay as you go



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