



SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:00 - 10:00 Yoga Flow	06:00 - 07:00 Yoga Flow	10:00 - 11:00 Yoga Flow	06:00 - 07:00 Slow Yoga Flow	10:00 - 11:00 Yoga Flow
10:00 - 11:00 Slow Yoga Flow	08:00 - 09:00 Power Yoga	17:30 - 18:30 Power Yoga	08:00 - 09:00 Power Yoga	12:00 - 12:45 Yoga Express
11:00 - 11:30 Intro to Yoga	09:00 - 10:00 Yoga Flow	18:30 - 19:30 Slow Yoga Flow	09:00 - 10:00 Yoga Flow	15:00 - 16:00 Deep Yoga Stretch
17:30 - 18:30 Power Yoga	12:00 - 12:45 Yoga Express		10:00 - 10:30 Intro to Yoga	
	18:30 - 19:30 Deep Yoga Stretch		18:30 - 19:30 Power Yoga	

Please bring a towel, water bottle and your mat. Limited mats will be available if you dont have one. Schedule is subject to change.

YOGA CLASSES TO SUIT ALL LEVELS



BEGINNERS:
Contact Jo for a complimentary introduction class and assessment.



BEGINNERS:
This class focuses on learning the postures and building the foundations of yoga.



ALL LEVELS
Our most popular class moving through a sequence of yoga postures using your breath to create a flow.



INTERMEDIATE & ADVANCED
A high energy, more fitness-based approach to yoga flow for those looking to push themselves more.



INTERMEDIATE
A 45 minute express class to squeeze in over lunch for a break from your busy day.



ALL LEVELS
A class for all levels, focusing on holding stretches for up to 5 minutes really working deeply into the muscle groups.

Contact Jo Reid on 082 855 4312 or yogaflowvdv@gmail.com