



SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:00 - 10:00 Yoga Flow	08:00 - 09:00 Power Yoga	10:00 - 11:00 Yoga Flow	08:00 - 09:00 Power Yoga	10:00 - 11:00 Yoga Flow
10:00 - 11:00 Senior Yoga	09:00 - 10:00 Yoga Flow	11:00 - 12:00 Senior Yoga	09:00 - 10:00 Yoga Flow	
17:30 - 18:30 Power Yoga	18:30 - 19:30 Deep Yoga Stretch	17:30 - 18:30 Power Yoga	18:30 - 19:45 Rocket Yoga	
18:30 - 19:30 Yoga Flow		18:30 - 19:30 Slow Yoga Flow		

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 (INCLUDING SENIORS)
This class focuses on learning the postures and building the foundations of yoga.



ALL LEVELS (INCLUDING SENIORS)
Classes with a focus on relaxation and holding stretches to work deeply into the muscle groups.



INTERMEDIATE & ADVANCED
A high energy, more fitness-based approach to yoga flow. Prepare to Sweat!



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



SENIORS
Classes especially designed for Seniors to increase flexibility and muscle strength.



INTERMEDIATE & ADVANCED
A 75 minute set sequence of holding postures.

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

If you are new to Yoga, Contact Jo for a complimentary introduction class and assessment.