

November -December classes

- 5 classes focusing on healthy hips and hamstrings
- Vinyasa yoga combining flowing movement with simple held postures and focus on breath

Did you know?

Our Hips are a ball and socket joint with 360' musculature for movement including our quads, hamstrings, glutes, hip flexors, inner leg and outer hip muscles. Yoga can help to strengthen weak muscles and develop mobility.

A tight muscle is often weak, so strengthening actually helps our flexibility.

Class Times

- Friday 9.15 10.15 AM
- "The Mezzanine", The Horton, Epsom KT19 8NP
- Free parking / cafe & toilets
- Class fee £8.50/hour or £40 for 5 week course. Pre-booking required

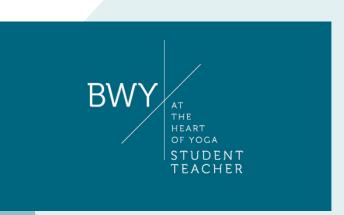
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