



November / December 2023

## M Y O G A S P A C E

### 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

### CONTACT AND BOOKING:



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<https://www.myogaspace.co.uk>



<https://www.momoyoga.com/myogaspace>

BWY  
AT THE  
HEART  
OF YOGA  
STUDENT  
TEACHER

*Rachel*