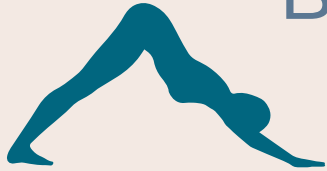




MYOGASPACE

# YOGA

BEGINNERS AND BEYOND!



**Classes start  
Friday June 7th 2024  
9.15 - 10.15 am**

The Mezzanine  
THE HORTON, Haven Way,  
EPSOM, KT19 8NP

**£10 / class  
£45 for 5 week course**



*A space to bring  
balance to our lives.....*



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



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## MYOGASPACE

### WHAT TO EXPECT...

Movement fundamentals of Vinyasa(flow) yoga. This set of classes will focus on strength in our CORE & involve a balance of movement, breath awareness and relaxation.

Options & modifications

**BEGINNERS AND RETURNERS WELCOME!**

**09.15AM - 10.15AM  
FRIDAYS**

- **JUNE 7TH**
- **JUNE 28TH**
- **JULY 5TH**
- **JULY 12TH**
- **JULY 19TH**

**BOOKING REQUIRED**

### ABOUT RACHEL...

British Wheel of Yoga  
member & 500hr Diploma  
Student Teacher

"I believe yoga is for everybody. I aim to offer a welcoming space to enjoy mindful movement. Come and join me to see for yourself....."

### ABOUT THE HORTON....

- **Calm Mezzanine Studio**
- **Free parking**
- **Cafe & toilet facilities**
- **Bring a mat / water**
- **Wear comfortable clothing**
- **Props provided**

BWY

AT  
THE  
HEART  
OF YOGA  
STUDENT  
TEACHER

*Rachel*

### CONTACT & BOOKING



[rachel.myogaspace@gmail.com](mailto:rachel.myogaspace@gmail.com)



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



<https://www.momoyoga/myogaspace>