

Introducing Wedding Day Morning Yoga

with



Congratulations

How fabulous... you are getting married!

Once everything is in place and that excitement laced with a little bit of nervous energy rolls in, why not start your wedding day with a customised yoga session that soothes nerves, centers the mind, and sets a joyful tone. Perfect for the bridal party and guests, you can achieve calm, clarity, and connection with breath and movement savouring every moment of your special day.



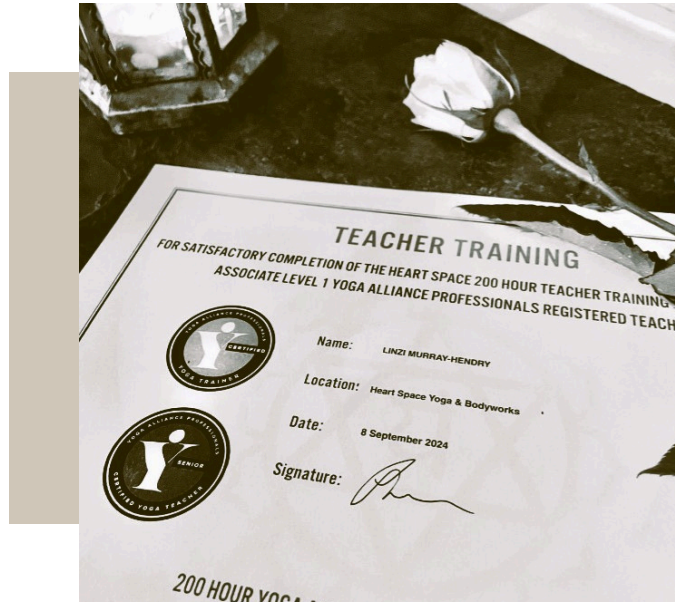
About Yoga

Morning yoga gently wakes up the body, improving flexibility, circulation, and joint mobility after a night's rest. It helps release physical tension and supports deep, mindful breathing, which reduces stress and enhances focus. By activating muscles and stimulating digestion, it boosts energy and metabolism, setting a healthy rhythm for the day. Emotionally, it promotes a calm, centered mindset that can improve mood and overall resilience.

Meet Your Instructor

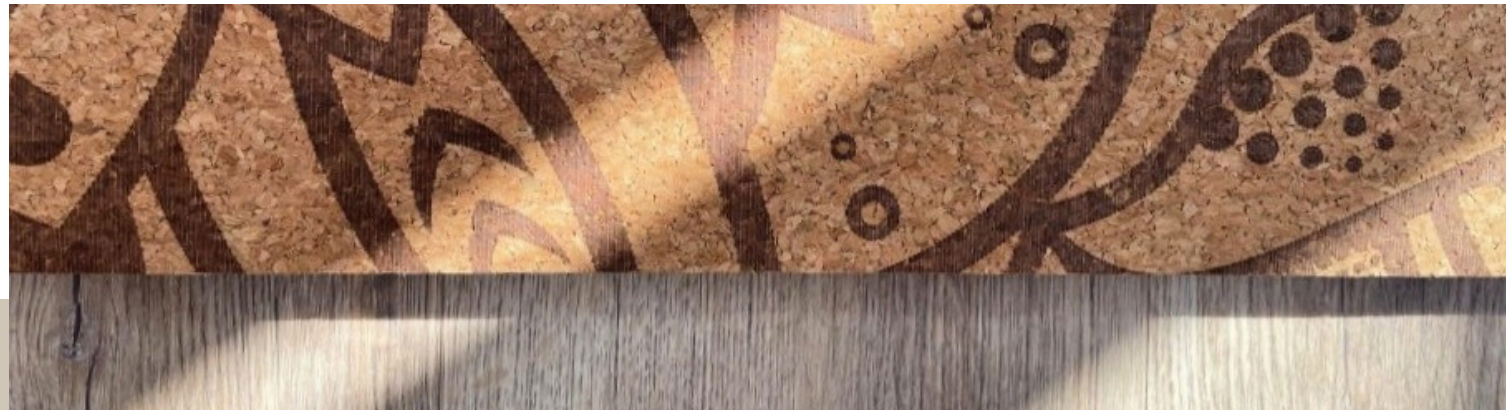
Linzi Murray-Hendry is a dedicated and compassionate 200hr Yoga Alliance-certified instructor who brings warmth, authenticity, and deep presence to every class she leads. With a background rooted in both traditional Hatha and Vinyasa styles, her teaching blends mindful movement, breath awareness, and guided meditation.

Linzi's approach is inclusive and heart-centered, creating a safe space for all levels to explore yoga and reconnect with themselves. Whether guiding a gentle flow or a more dynamic sequence, she emphasizes inner balance, body alignment, and the transformative power of yoga beyond the mat.



“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Maya Angelou



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