

HOT YOGA WORKSHOP!

Join Tessa from tr yoga for an informative hot yoga morning, where you will explore hot yoga postures in detail with an emphasis on alignment, breathing and individual adjustments. The session will close with an introduction to the quiet practice of Yin Yoga. Suitable for all levels and anyone new to yoga!

Programme

- 0900-0915 **Welcome**
- An introduction to the day with fruit and refreshing herbal teas
- 0915-1100 **Hot yoga posture workshop**
- In-depth exploration and explanation of the 26 hot yoga postures with focus on alignment and benefits
 - Tessa and students will demonstrate the postures
 - An opportunity for you to ask specific questions
- 1100-1115 **Raffle Break (your chance to win a free class!)**
- 1115-1245 **Hot yoga class**
- Hot yoga class giving you an opportunity to put into practice your earlier learnings
- 1245-1315 **Yin Yoga**
- Tessa will introduce you to the quiet practice of Yin Yoga to unwind your body
 - The only thing you need to do is relax!

**When /
Where**

Saturday 15 March,
Totally Fitness Hitchin

Price

£30 in advance (only 10 spaces available)

Sign-up

Reserve your space by 1 March. Contact
tr yoga on trohrig@hotmail.com /
07726 439084

