

Welcome to Flow Your Own way yoga by Jane. I am delighted to have received your interest in my venture.

I will be holding a Slow Sunday Flow at Secret Garden Sauna (A92 EPH2) at 6pm with use of the sauna from 7pm.

This class will be a slow and gentle flow to wake up the tired muscles and reset you for your week ahead. It's a mixed level class perfect for everyone from beginner to intermediate.

Cancellations can be made up to 24hours before the class begins and your booking can be moved to a new date.

Any injuries old or new don't hesitate to let me know, safety first. Remember to be mindful of your body anything that doesn't feel right probably isn't be kind to yourself.

Please bring your own mat and no worries if you need to borrow one just let me know in advance.

To confirm your spot at my drop in class payment is 12€ via revolut for yoga alone and 17€ with the sauna.

Let me know if you have any questions or queries!

I look forward to meeting you on the mat

Namaste 🧘

(Please remember to include your name and date booking when booking through the payment link)