

Class information and form

Class location: 10 waterside lane H91YNX9

Woodquay galway (yellow building with brown door)

Class time: 7.45-8.15 am

30-minute class. Which includes yoga nidra and relaxation meditation at end of class

This class will be a wake up morning vinyasa flow class and is suitable for all levels.

Vinyasa yoga is a modern style of yoga that encompasses a sequence of poses that seamlessly flow together syncing breath with movement. The purpose of vinyasa yoga is to use the breath to align the body and mind. Creating a mind muscle connection and increasing flexibility.

Note: Please try to arrive on time to class if possible. Class will start on time.

Equipment needed: yoga mat, water

(Please fill out form below)

Name	Phone number	class level: beginner or intermediate	class paid by revolut: yes or no
Laura Woods	0873459647	Beginner	No
Jeff Lyons		beginner	
PJ Dalton		beginner	no
Aoife Delaney Reade		beginner	no

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