

Elderflower Yoga



Please join my Live yoga class for anyone, even if you've never done yoga before? Believe me, now's the time to give it a go! I teach a very accessible style of yoga with authentic postures and breathing techniques, which will help to improve your flexibility, strength and to calm your mind.

The classes take place on zoom (you need to have zoom downloaded on your pc or tablet) I will then send you a link which you click on to join the class.

It's a really nice way to join in with a yoga community even if you can't physically get to a class.
5 euros per class

Please email me, Sara at

suipt@hotmail.com

Classes

Wednesday

9am UK

10am Spain

Saturday

10.30am UK

11.30am Spain

Chair yoga

For people with restricted mobility

Mondays

11am UK

Midday Spain