



The Youtopia - yoga for all



200hour YRT yoga instructor and therapist. Making yoga accessible to all by utilising anatomical knowledge to create safe poses

Choreographed challenging and interesting routines to engage both body and mind

Vinyasa Flow Yoga - This is a moving sequence flowing from one pose or asana to another. It is an aerobic form of yoga incorporating both strength training and stretching.

Wednesday - 11.30am - Dingley Cabin - A small class of 4 people. Booking essential £10

Thursday - Great Bowden Church Hall - 6.30pm. This class is a drop in so you can just turn up. It costs £8. You don't need to have any previous yoga experience but you need to have a sound level of fitness.

Friday - 9.45am Optimum You Yoga Studio (see website to book – www.theyoutopia.co.uk)

Saturday - 9.30am Dingley Cabin - A small class of 4 people. Booking essential £10

Yin Yoga - A floor based yoga holding asanas for in-between 30 seconds and 3 minutes. A restorative, relaxing and deep stretching experience.

Tuesday - 6.30pm and 7.45pm. Dingley Cabin. £10 per session

One to one Yoga

The Youtopia offer one to one yoga for £35 for an hour. Session suitable for a single person, or up to 4 people. Whether your goal is to stretch, to build strength, support rehabilitation or pre / post natal, the classes can be altered to suit.

For further information contact Fran:

Email: fran@theyoutopia.co.uk

Web: <https://theyoutopia.co.uk/yoga>

Text / Call: [07715 925683](tel:07715925683)

