



Hatha Yoga



- Hatha Yoga is about balancing the body and mind. With 'ha' representing the esoteric sun, and 'tha' the moon, and the practice of Hatha Yoga aiming to join or balance these two energies.
- These classes will typically involve a set of physical postures and breathing techniques, practised more slowly than perhaps a Vinyasa flow or Ashtanga class.
- The classes synchronise movement and breath in a continuous flow of asanas, usually beginning with Sun Salutations. Variations and modifications will be offered throughout the class to support new students to the practice.
- Times – Wednesday at 9:15am and Thursday at 8:15pm
- Price - £10 per class when booked in a block, blocks are run during school terms and can range from 5 to 8 weeks. If in doubt, you can trial a class for £10 before committing to a block
- Classes are targeted at all levels but a degree of fitness is required to benefit

At Archway we are committed to offering a wide range of good quality classes to help people improve and maintain their health. These classes are held in our warm, light, purpose built studio which benefits from underfloor heating

Classes are bookable via www.bookeo.com/archwayhealthhub

For more information:

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