



HATHA YOGA CLASSES INCLUDES BREATHING, POSTURES AND RELAXATION. LEARN HOW TO BALANCE YOUR BODY WITH PURIFYING AND REJUVENATING TECHNIQUES. DROP YOUR STRESS LEVELS, SLEEP BETTER, FEEL MORE FLEXIBLE IN BODY AND MIND, ENJOY STRENGTHENING YOUR BODY AND LEARNING TO FOCUS YOUR THOUGHTS.

## YOGA STUDIO TIMETABLE

	MONDAY	TUESDAY	W EDNESDAY	THURSDAY	FRIDAY
8.30 am to 10.00am	René Intermediate Studio/Zoom	Nicki AllLevels	René Beginners Studio/Zoom	Nicki AllLevels	René All Levels Studio/zoom
10.30am to 12.00pm		René Restorative Yoga Zoom			
5.30pm to 7.00pm	René Beginners Course Studio	Rene General level Zoom	Rene Beginners course Studio	René General level Zoom	