

# Yoga Flow Class



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-588389-z>

I'm a fully qualified yoga teacher, teaching Vinyasa Flow, Pre-and Post-natal yoga and Yoga Fusion (HIIT and Yoga) classes.

Join me every Wednesday at 20:00 for an Yoga Flow Class at Sidney West Community Centre.

This lighthearted class will keep the good times rolling as you prepare mind and body for the remainder of the week. Set to feel-good music, you will move through Vinyasa-styled flows in a way that asks you to drop focus out of your mind and into your body. This well-rounded class will strengthen and stretch all areas of your body. You will step off your mat feeling stronger, more centred, and ready to take on the remainder of the week with a smile.

Classes are only £7.50 drop in or £36 for 6 week course.

Yoga in the park classes are starting Mid May at St John's Park every Sunday morning. Contact me now to register your interest. There are two classes to choose from.

Yoga Basics in the Park at 09:30

Yoga Flow in the Park at 11:00

Contact me now if you have any questions or if you'd like to book onto any class. <https://yogawithjen.co>



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