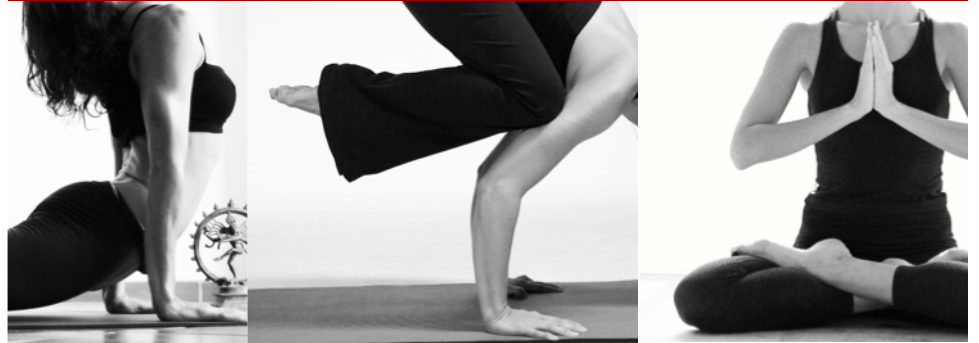


vinyasa classes

every Sat & Sun



flow with the
breath

Enjoy the flow and find stillness in the midst of flux.

In hatha yoga, *vinyasa* practice is a series of sequential movements that interlinks postures to form a continuous flow. The fluid movements combined with a specific breathing method, creates a movement meditation, symbolizing change and impermanence.

On the physical level, *vinyasa yoga* enables the practitioner to develop strength, flexibility and endurance, which will bring forth a burst of vitality and a sense of wellbeing. Over time, the practice will help to calm the mind and enliven the senses.

For more information or to book, please contact:

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