



NEW 7 WEEK COURSE STARTS 2 SEPT 2024

Ready for a Work In? Move better. Sleep better. Feel better.

Boost your physical strength, mental sharpness and overall well-being with yoga classes designed to address the needs and goals of men. Whether you're a seasoned athlete or complete beginner, discovering yoga will be a transformative experience.

Learn yoga postures, breathing and relaxation techniques, practice meditation with an award-winning yoga teacher and yoga therapist.

Build Strength and Flexibility

- Strong practices to build muscle strength and improve flexibility.
- Strengthen your core and improve joint stability to reduce injury risks.

Enhance Mental Clarity and Focus

- Techniques to relax, manage stress and anxiety, become calmer and more focused.
- Develop mental toughness and greater resilience for overcoming challenges both on and off the mat.

Improve Overall Health and Well-being

- Engage in dynamic sequences that boost your heart health and increase endurance.
- Experience the benefits of a holistic approach to fitness that nurtures both body and mind.

..“finding time to do yoga allows me to be a better father, husband and colleague”..

..“yoga makes me feel better, physically and mentally. I like the physical challenge and I learn about my own body”..

“..great way to stay physically and mentally healthy, as well as connected socially”..

7 week course on Monday evenings

2 Sept - 14 Oct 2024 | 8 - 9pm

Cost: £95 | 7 places available



BOOK YOUR PLACE @ WWW.BEHAPPYYOGA.FIT

GARDEN ROOM YOGA STUDIO, SURBITON, KT5 8BS