

CLASS OPTIONS & DESCRIPTIONS

9:30am - 10:30am	Gentle 'Wake Up' Yoga with Josie As Autumn draws us inward, this class invites you to slow right down. Through slow breaths and easy movement, we'll arrive into the body and notice what this season is asking of us. Expect gentle flowing sequences, moments of stillness, and time to rest and reconnect, finishing with a final relaxation in Shavasana.	Embracing Autumn (Yang to Yin Flow) with Olivia Autumn marks the transition where our yang energy wanes and our yin energy starts to rise. The class will begin with a series of warm up stretches to prepare your body for our main flow sequence, which will be lively and energetic (yang). At the end of the class we will wind down with some slower and gentler stretches (yin) We will work with the breath throughout.
10:45am - 11:45am	Dynamic Vinyasa with Chris Join Chris for an energetic and accessible class where we will explore and flow through a sequence of beginners and fundamental yoga postures (with the occasional challenge included!) designed to help open your body and breath, finishing with a period of deep relaxation, leaving you calm and with a heightened sense of awareness and wellbeing.	Autumn Cacao & Sound Journey with Sarah & Jo An autumnal cacao and sound taster experience centred on slowing down, grounding, release and making space. Cacao is often described as a heart-opening plant medicine. The cacao introduction and serving will be followed by a guided meditation and then a 20-minute sound journey.
12:45pm - 1:45pm	Back Bends & Heart Openers with Olivia In Traditional Chinese Medicine (TCM), autumn is associated with the Lung and Large Intestine meridians so this class will explore poses that open the front of the body. Known as heart openers in yoga, these poses give you time to feel loved, compassionate and connected to your own sense of wellbeing. Autumn is a time for reflection and letting go in both TCM & yoga, and we'll explore this concept through the poses in this class.	Inversions Workshop with Alice This fun and supportive workshop will focus on building confidence in headstands, exploring the foundations of a safe and sustainable inversion practice. We'll break everything down step by step, working on strength, balance and technique, with plenty of options along the way. Whether you're working towards your first headstand or looking to refine your practice, you'll be encouraged to explore at your own pace in a welcoming and light-hearted environment. Come curious, have fun and enjoy the journey upside down.