

# AMOUAGE YOGA SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 8.00am							
4.30 - 5.30pm							
6.00 - 7.00pm							

## Rise

Gently awaken the body with this slow but dynamic sunrise flow.

## Detox

Refresh your mind, body and soul with juicy purifying yogic twists, turns and easy inversions.

## Energise

Get ready to turn up the heat and get the circulation pumping.

## Warrior Flow

Find your focus and balance on your legs, strength and ease on your board.

## Yin & meditation

The perfect class to deeply stretch out and calm the mind.

## Yin

Nourish your tired muscles with long hold floor poses, activating the chi-flow, deep stretch for the connective tissue.

## Restorative

Completely relax and unwind in cosy supported yoga postures whilst softly drifting into complete Zen - bliss.