

— ARCADE | STREET | TAVERN —



MONTHLY SATURDAY MORNING YOGA CLASS

FOLLOWED BY A GLASS OF FIZZ - £15

Join our in-house yoga teacher, Katharine of Ashtanga Yoga Ipswich, for a dynamic session of yoga in our beautiful Tasting room. We will start the class with time to connect to the breathing and tune in to the body, before we begin to greet the sun and move through some energetic standing postures. Moving down to the floor for seated poses and then into a blissful relaxation at the end to absorb the practice, leaving you feeling nurtured and refreshed. And as life is all about balance, we will then serve you a glass of our house bubbly to kick start your Saturday afternoon!

NEXT DATES: 12TH OCT | 9TH NOV | 14TH DEC

Sorry but this is not suitable if you are pregnant. No yoga experience required, just a reasonable level of fitness and the willingness to work hard, sweat and smile!

An intimate venue with limited participants.

Please email hello@ashtangayogaipswich.co.uk to book your spot and we will be in touch to confirm your space.

www.ashtangayogaipswich.co.uk

