

YogaJo Weekly Schedule

Classes powered by:



Tuesdays, 7.00 pm - 8.00 pm

Not recommended for beginners

Slow Flow & Restore

This practice combines slow Vinyasa Flow with Restorative Yoga.

The dynamic part of the practice will help to focus the mind and strengthen the body, improving endurance and flexibility. All postures can be modified or amplified to suit your needs.

The quiet more restorative postures will encourage the release of deeply rooted tension whilst soothing and calming the nervous system, restoring energy and bringing balance to mind and body.

[BOOK NOW](#)

Wednesdays, 7.30 am - 8.00 am

Not recommended for beginners

Sun Salutations with Bija Mantra

Sun Salutation or Surya Namaskar is the heart of any Vinyasa Yoga practice. A series of twelve postures, gracefully linked by breath become a moving meditation. The sequence is repeated and accompanied by our original music using Mantra (a repeated word or phrase) to guide you through. Beginning with some simple breathing practices and setting an intention for the day ahead. Finishing with gentle stretches and a short 2 minute savasana (rest) before journeying into the day ahead.

[BOOK NOW](#)

Thursdays, 7.30 pm - 8.00 pm

No experience is needed and everyone is welcome

Gentle Restorative Yoga

This softer and more meditative practice is dedicated to gentle and restorative Yoga.

It will provide the opportunity to gently unwind your body, soothe your nervous system and calm your mind at the end of the day.

Highly recommended to be followed by a hot bath and bed!

[BOOK NOW](#)

Fridays, 10.00 am - 11.00 am

No experience is needed and everyone is welcome

Slow Vinyasa Flow

Vinyasa Flow is a free-flowing practice connecting mind and body through breath and movement.

The word 'Vinyasa' can be interpreted as 'to move in a special way'. Paying particular attention to breath and alignment you will be mindfully guided through a sequence of postures that will help to improve strength, flexibility and balance. This practice is gently dynamic and postures can be modified or amplified to suit your needs. The weekend starts here!

[BOOK NOW](#)