

# Weekly Yoga Classes at Radwinter Pavilion

## Tuesdays:

6.30pm Restorative Yoga (60 mins)

8.00pm Hatha/Vinyasa (75 mins)

## Thursdays:

12.30pm Gentle (60 mins)

**Restorative Yoga** - seated & laying postures - no effort, maximum comfort. Moving into stillness through deep relaxation. For support of joints, anxiety, stress, deep relaxation.

**Hatha/Vinyasa** - classic yoga postures broken down for clarity and then sequenced into a flow. A stronger, more energetic class for students who are looking to work hard and develop their yoga practice..

**Gentle Yoga** - joint mobilising, muscle stretching, breath-focused movement. Focused on maintaining and increasing mobility, gentle stretching & strengthening in a relaxed, but focused class.

**For a FREE taster \*subject to availability, email:**  
**[andy@svadhyaya-yoga.com](mailto:andy@svadhyaya-yoga.com)**



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