

Yoga -6 Week Course

Price: €75 Member/UCC Staff, €85 Non Member

TUESDAY

TIME	CLASS	Studio	INSTRUCTOR
18.00-18.50	Beginner	Stu 4	Lisa H
19.00-19.50	Hatha Yoga	Stu 4	Diego B
20.00-20.50	Yoga- Mixed Level	Stu 8	Claudia P

WEDNESDAY

TIME	CLASS	Studio	INSTRUCTOR
19.30-20.20	Ashtanga Vinyas	Stu 7	Diego B

Ashtanga Vinyasa class will provide you with high intensity flowing sequences, coordinating breathing to body movements in preparation for meditation, which is usually done at the end of each class, For those who already train or practice other sports and physical disciplines regularly.

Hatha Yoga

Traditional Hatha Yoga. These classes will combine some flowing sequences of poses, as well as focusing on posture foundations and correct body alignment. There will also be some breath work, meditation and relaxation towards the end of each class.

Everyone is more than welcome - you don't have to be flexible to participate.

