Saturday 11th May

2-4pm

£25

**Deepen Your Practice**



In this dynamic workshop, you will get the opportunity to refine your Vinyasa practice and experience new perspectives on asana. You will explore how to deepen the physical practice in a controlled, safe, and sustainable way without taking away the essence of the practice. This session will encourage you to build a strong, stable foundation for your practice that balances strength and flexibility.

In this workshop you will:

* Break down familiar postures and challenge traditional alignment
* Explore transitions that exploit strength
* Look at advanced poses and how to approach them with confidence
* Learn best practices for avoiding injuries

\*This workshop is not suitable for complete beginners.

*You can find out more about Sarah at* [*www.sarahwilliamsyoga.com*](http://www.sarahwilliamsyoga.com)