**Class DETAILS**

***Beginner Flow - Vinyasa Yoga Class*Class Description: Gentle, Suitable for Complete Beginners, Level 1, Vinyasa Yoga Fundamentals  
  
Monday 7.25pm – 8.25pm (Starting Monday 15th July 2019) at Copthorne Jubilee Sport’s Pavilllion, Copthorne Bank. Copthorne. West Sussex**

**Please Book your place as limited spaces. Call or message Janet on 07774456448**  
Have you thought you would like to try yoga but felt a little apprehensive to give it a go?  
Maybe you felt you might look silly because you don't know anything about yoga?  
Or maybe you've been to a yoga class and felt unsure if you were doing things correctly?    
If yes, then this class is especially for you!   
The 'Novice Beginner Flow' yoga course is for any person wanting to try yoga or to delve deeper into the basics.  
  
Being flexible is absolutely NOT a requirement.   
Being strong is NOT a requirement either!   
This class was created for you to learn how to nourish your body with yoga and connect back to your body in a way that supports you!  
  
~ Create a solid foundation by learning the fundamentals of Vinyasa Yoga ~  
~ Yoga asana’s are slowed down and explained in detail ~  
~ Learn how to be present and connect with your breathe throughout your yoga practice ~  
~ Supportive environment for first timers to yoga ~  
~ Space and time for you to be able to explore how you feel in each of the poses ~  
A fun-filled class, perfect for anyone who has never tried yoga. Designed for complete novice beginners or people that want to learn more in depth about the Yoga poses they do in other classes. We offer a supportive environment as you start your yoga journey.  
  
Focus is on exploring the basic postures and breathing techniques that make up the practice of Vinyasa Yoga. Emphasis will be placed on the basics of proper alignment, core strength, flexibility and balance, as well as breath control and concentration. Detailed instruction and building each pose carefully insures you create a strong foundation and feel confident in your practice moving forward.  
  
We want this class to be accessible for everyone. There is time in the class to explain and answer questions you may have as we work on a specific pose, and particular anatomical focus.   
Give yourself permission to start right where you are and come join us on this special course. We want you to feel supported and enjoy your first experience into the beautiful world of what yoga has to offer.

**~ IN THIS CLASS YOU WILL LEARN ~**

The key elements of Vinyasa yoga; breath flow, key poses of Vinyasa, correct alignment. The practice involves synchronizing the breath and movement through a continuous flow of postures, and sequences that increases strength, flexibility, and stamina and calm the mind.   
  
**THE BEAUTY OF VINYASA YOGA**

Vinyasa yoga is likened to a beautiful moving meditation. Constant awareness of the breath while moving through the poses increases focus and calms the mind. The ability to flow through challenges experienced during a class often leads to a greater ability to flow through life’s challenges with better focus and less stress, and be able to confront the bombardment of home, family, work, and friends with a deeper sense of joy and calmness.

The continuous, steady flow of movements generates internal heat, which helps to detoxify the body and opens the pathways to healing. Vinyasa health benefits include; body strength, suppleness and flexibility, increased bone density, improved cardiovascular and respiratory health, reduced stress, and improved sleep.

Janet