

Yoga Program

Visiting Yoga Practitioner – Shani Dayal

Date

Morning Sessions

Evening Sessions

1st April 2021	Earth - Find balance, stability, grounding	Power Yoga
2nd April 2021	Water - Experience fluidity of thoughts, ideas & desires	Yoga for mental & physical relaxation
3rd April 2021	Fire - Tap into Passion and Transformation	Yoga to Detox
4th April 2021	Air - Generate Love and Kindness	Power Yoga
5th April 2021	Space - Find your true nature & self-expression	Yin Yoga for complete rejuvenation
6th April 2021	All Elements- Move Intuitively with Awareness	HIIT Yoga
7th April 2021	Source of all- Experience oneness	Full body Strengthening and Toning

