



### **Yoga with Ebony from Tipi Yoga**

‘Ebony is a great instructor with a fun attitude to yoga. From the word go she made me feel completely comfortable and at ease.’

### **Which class should I book?**

**Hatha:** a gentle practice focusing on building a strong yogic foundation through holds using pranayama, suitable for all levels. Ideal for an introduction to yoga. 1 hour.

**Vinyasa Flow:** a dynamic style of yoga giving a cardiovascular workout, flowing through poses with breath, warming up with sun salutations. 1 hour. Not recommended for complete beginners but can be toned down for those wishing to progress from Hatha.

**Yin:** targeting the connective tissues, such as the ligaments, bones, and joints of the hips, pelvis and lower spine, this slow but effective style includes longer, timed, asana holds to allow the body to deepen into poses and stretches. Typically lying and seated postures. 1 hour. This class is suitable for those wishing to progress further flexibility.

**Core Power:** a tough workout incorporating sun salutations, inversions and arm balances and most importantly core work – asanas will be held for longer and you will be encouraged to challenge yourself. Intermediate yogi level. 1 hour 30 minutes.

### **What do I need?**

A non-slip yoga mat (if you have one – you can borrow one if not), non-restrictive clothing and a water bottle, shoes are not needed for yoga.

Each class ends with the mantra ‘*Namaste*’ as a tribute to the routes of traditional, ancient yoga founded in India around 6<sup>th</sup> Century BCE.

### **Pricing and Booking**

£40 per class – 1 to 7 people

£70 per class - 8-25 people

To book your class please let Amanda know the time and day you were thinking – just pop it on the Special Requirements section of your Supplementary Bookin Form and she will contact Ebony to check availability and add the cost of your class to your invoice.

