



**FRIDAY
29TH JAN**

**BATH
VIRTUAL**

**YOGA
FEST**



**09:00-10:00
Morning Movement**

Kim Batchelor
For all

Starting with some gentle movement, gradually building some warmth and self connection and then finishing with a short relaxation
<https://kimmiecues.online/>.

**10:15-11:15
Hatha Yoga**

Sheralie Margenout
For all

Hatha Yoga suitable for beginners & intermediate levels, learning to be present in the now
Yogabear2020@gmail.com

**11:30-12:30
Functional Yoga**

Helen Barlow
Intermediate

Mindful movement to cultivate an embodied yoga practice, moving in a way which supports the mobility of the whole body.
www.helenbarlowyoga.com

**12:45-13:45
Hatha Level 1**

Nikki Cooper
Beginner/For all

A wellness and flexibility boost, perfect for those starting out on their yoga journey.
IG @nikkis.studio.yoga

**14:00-15:00
Fun Flow into Inversions**

Eve Betty King
Intermediate/Advanced

Come and enjoy an energetic flow with playful inversions & balance.
IG @halobodybath

**15:15-16:15
Yoga For Hot Women**

Emma Reynolds
For all

Yoga specifically to balance the hormones during the menopause and peri menopause. Helping to ease the numerous symptoms that so many women suffer. No experience is necessary, a gentle and calming practice.
www.yogaclassesbath.co.uk

16:30-17:30
Vinyasa Flow

Amy Teague
Intermediate/For all

A stronger practice of flowing sequences, designed to connect the movement to the breath and cultivate energy, whilst building strength and stability
<https://www.facebook.com/amyteagueyoga/>

17:45-18:45
Gentle Yoga

Emma Collins
For all

A gentle flowing class to rebalance the body and mind
www.emmacollinsjones.com

19:00-20:00
Ease into Yoga

Melissa West
Beginner/For all

A slow-paced practice combining gentle yoga poses, breath work and strengthening & stretching the entire body .
The class is an invitation to relax, unwind and de-stress and suitable for everybody
www.dancepartiesrock.co.uk

20:15-21:15
Embodied Yoga

Emilie Rowell
For All

Helps you reconnect with yourself while practicing with others. Simple, accessible and non athletic yoga for your body, brain and soul.
www.thebodydoula.com