



**SATURDAY  
30TH JAN**

**BATH  
VIRTUAL**

**YOGA  
FEST**



**09:00-10:00**  
**Energy Medicine Yoga**

Wendy Manister  
For all

Energy Medicine Yoga is amazing, You can sprinkle the magic of energy medicine into any yoga practice, increasing your energy, clarity and efficiency.  
Instagram @handinhandyoga

**10:15-11:15**  
**Sol Power Flow**

Mirella Lamarina  
For all

Awaken and align your body with this rejuvenating yoga session. Focusing on strength and flexibility.  
[www.solpoweryoga.co.uk](http://www.solpoweryoga.co.uk)

**11:30-12:30**  
**Handstand Hacks**

Joe Marchant  
Intermediate/Advanced

Have you always wanted to do a handstand? Or maybe you can, but would like to be able hold it for longer? Then this is the class for you. Joe will take you through drills and tips to help you achieve your handstand goals.  
IG @joe\_marchant\_

**12:45-13:45**  
**Yoga for Sport**

Lana King  
For all

Sport, whether you are a runner, a team sport player, a weekend warrior or journeying into fitness creates tension in the muscles, this can adapt the muscles in a positive way. However, at the same time, it also can create specific tension, which if is not released can cause imbalance within the physical body. This session will look at targeting different areas of the body, including myofascial release, mobility and specific areas. Suitable for all, this class is presented from an anatomical and physiological perspective, however does not disregard the core elements of yoga, especially the connection of breath, mind, body and spirit. Suitable for all and delivered in a fun manner.  
[www.movewithlana.com](http://www.movewithlana.com)

**14:00-15:00**  
**Mandala Yoga**

Julie Hegarty  
Intermediate

A Mandala is a Hatha Style Practice that involves moving around the mat in 360 degrees through the Sun Salutations and building by adding alternative standing asanas throughout.

Focusing on the Hip area it is a great Root/Sacral Chakra Grounding class that is flowing with energy, balance and heat. It requires focus so stimulates the mind in a fun creative way.

It is quite fast paced in parts but extremely energising and stimulating with a slower paced warm up and a cool down.

[www.yogawithjuliehegarty.co.uk](http://www.yogawithjuliehegarty.co.uk)

**15:15-16:15**  
**Teen Yoga**

Mad Norris  
All

Created specifically with teenagers in mind, this class will provide an insight into many different forms of yoga - from fun, flowy moves to shake off stresses to grounding, sleepy stillness to relax and release. All you need is yourself, some space and whatever makes you feel comfortable.

[www.yogawithmad.co.uk](http://www.yogawithmad.co.uk)

**16:30-17:30**  
**Hip & Shoulder Release**

Jen Noad  
For all

The hips can sometimes be called the body's junk drawer! They are the support for our whole body. When we experience emotions such as fear, sadness, frustration, loss or worry, our bodies tense up and can store or lock these feelings in our hips. If we are sat for long periods at our desks, necks, shoulders, and hips become stiff and tight. This gentle flow will stretch and open your body easing any tension and allowing it to melt away.

IG @Minkys\_SUP\_Yoga

**17:45-18:45**  
**Strala Inspired Flow**

Trish Fairbeard  
Intermediate

Moving with softness & ease, to find your own natural rhythm and let your breath fuel the movement. Ease is not about a destination but about the journey – a way of being, moving a healing that reminds us all to move more naturally, using our intuition and creating space in our body to be healthy and radiant.

[www.ymcabath.org.uk/health-wellbeing](http://www.ymcabath.org.uk/health-wellbeing)

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**19:00-20:00**  
**Forrest Flow**

Bex Bridgford  
Intermediate

Forrest Yoga combines and focuses on the breath, strength, integrity and spirit. It is a powerful practice that encourages physical and emotional blocks to release and is generally practiced in a room with heat.  
[www.jointhehive.co.uk](http://www.jointhehive.co.uk)

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**20:15-21:15**  
**Dance & Flow**

Robyn Blackmore & Rosanna Hood  
For all

Get those Saturday night feels and let's celebrate!  
Starting off the first 30mins getting your boogie on with Rosanna teaching Zumba, with feel-good Latin vibes. Then the second half will be a juicy Yoga Flow taught by Robyn, moving in rhythm with you breath and easing out any tension from the body  
[www.robynsyoga.co.uk](http://www.robynsyoga.co.uk)

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