



**SUNDAY
31ST JAN**

**BATH
VIRTUAL**

**YOGA
FEST**



**09:00-10:00
Flow Yoga**

Ruth Timms
For all

In this class we'll move mindfully from posture to posture through sequences designed to develop healthy body mechanics. You'll be encouraged to journey inward and flow with your breath, always going at your own pace.
www.ruthtimmsyoga.com

**10:15-11:15
HIIT Yoga**

Christian Henwood
For all

30mins of High-Intensity Interval Training (HIIT) followed by 30mins of Yoga Flow.

You start with body weight exercises designed for all levels wanting to develop their fitness. Bursts of intense exercises carefully blended together to help unlock the fat-burning, metabolism-boosting, heart-pounding benefits of HIIT. Followed by a flowing yoga practice carefully weaved together and designed to be synchronised to your breath to leave you feeling balanced, stretched, relaxed and energised.
www.dailypractice.me

**11:30-12:30
Prana Kriya Yoga**

Joe Macnab
All

Activates your energetic power, helping you awaken and harmonise your life force energy. You'll use the breath to activate the chakras, stimulating the physical organs and enliven the prana (energy) in every part of your body and mind. You'll awaken your Kundalini Shakti, to call in transformation
www.wellbath.co.uk

12:45-13:45

Taster

Academy for Yoga Training

Those thinking about becoming a yoga teacher

Are you thinking about starting your journey to become a yoga teacher? This will give you a taster of what to expect from the Academy for Yoga Training. Including classes lead by current students.

www.academyforyogatraining.com

14:00-15:00

Yin Yang Yin

Annie Hernon

For all

Mixture of yoga style opening in yin and breath work, through time uplifting flow and closing in restorative yin

www.Anniesoulflowyoga.com

15:15-16:15

Vinyasa Flow with Bolster Support

Charlotte King

Intermediate

Connecting Pranayama 'the breath' with dynamic Vinyasa flow to feel open and energised. Combining the use of the bolster (or rolled up blanket) to support the body in longer poses and for relaxation

IG @charlotte_cking

16:30-17:30

Rebalance Yoga Flow

Francesca Sambito Pace

For all

This Yoga Flow will help us rebalance and recentre our energy flow.

www.gbyogabath.com

17:45-18:45

Wrist-Free Flow

Tamara Pitelen

All/Intermediate

Got a wrist or hand injury but still wanna flow? No problem! This dynamic vinyasa flow with no weight on the hands is here for you!

www.tamarapitelen.com

19:00-20:00

Soulful Sunday Session

Chloe Knowlden

For all

Decompress, destress and wind down with this softer yoga flow. An all-levels juicy practice, perfect for those wanting to take a slower pace & great refresher for more experienced student. A sweet trifecta of guided pranayama, gentle sequences and calming music. The perfect set-up for your week ahead.
www.chloeknowldenyoga.com

20:15-21:15

Gentle Bedtime Yoga

Katie Hodge

For all

Katie will be guiding you through a gentle and restorative Yoga class. Expect a combination of breathwork, stretches and calming visualisation. The perfect way to destress before bed
www.katiejyoga.com
