

Small group YOGA class in Mottram St Andrew Village Hall with Sarah Grantham.



I have been teaching for several years and qualified in the UK with Yoga Alliance. My specialist area is in sports yoga and functional movement and I teach with a strong emphasis on anatomy and alignment – so no bizarre contortions!!

The class is all about you and your body! Allowing you to move more freely, more fluidity, more efficiently.

The class moves from higher energy standing and core work, building strength, stability and balance, coordination, through to longer passive stretches creating a supple, flexible body. It will challenge your strength, your balance, your flexibility and even your breathing!

The class is great for yoga-people, both beginners and experienced, but also runners, bikers, climbers, swimmers, tennis players, everyday athletes and anyone wanting to get their body moving again. It is great fun, warm and friendly and you will be very very welcome

Thank you

Sarah

**Wednesday 9:00 -9:45am 5 week course £45
13th, 20th and 27th January, 3rd and 10th February**

Please bring your own mat. Yoga block recommended

To book call 07738477195 sarahgranthan@btinternet.com

Covid-19 Safety Guidelines:

Class to be held in an open plan well-ventilated area. Physical distance at least 2 meters apart at all times. Students to only bring essential personal items into the facility Hand sanitize when you enter and leave the facility. Before you leave home and when you get home, wash your hands. Avoid unnecessary contact with any “high touch” surfaces in the facility. If you feel sick, stay home. If you have had contact with anyone who is sick or has symptoms do not come to the facility.