

Hatha Flow Yoga



Hatha flow yoga is a classical yoga practice that involves moving between poses while focusing on breath and posture . It's a slower style of yoga that emphasises relaxation and mindfulness.

What are the benefits?

- Improves flexibility, stamina and body awareness
- Lowers stress levels
- Enhances focus
- Develops inner tranquillity
- Builds core strength

You can try this by coming along to Lothersdale Village Hall any Thursday evening.

The details are:

- Yoga with Essie, every Thursday from 6.30pm to 7.30pm.
- Slow Hatha Flow, suitable for all levels. You will just need a yoga mat.
- £9 per class or discounts available for block bookings.
- To book <https://bookwhen.com/yogawithessie>
- Contact Esther on 07581 372130
- You can also follow 'Yoga with Essie' on Facebook & Instagram