

PRE-WORK YOGA



About This Class

It is finally here! The pre-work class you have all been waiting for! Start your morning off with this energizing practice and set the tone for the rest of your day. Awaken the body, clear your mind and renew your focus with this class.

This class is suitable for students of all levels interested in starting their day with some yoga poses, breathing and mindfulness. Leave feeling more open, balanced and energized.

About Michael

Michael's yoga journey began about 40 kilograms ago. After experiencing a bit of a medical trauma in late 2016, he decided to take ownership over his

mind and body and yoga was his path to do just that. Maintaining a consistent yoga practice has not only allowed him to better his physical body, but enabled him to explore and better understand the amazing brain- mind-body connection that comes with this dynamic/dedicated practice.

Michael's goal in teaching is to help students safely discover just how capable they really are while having fun while doing it.

Time: 6-7:15am

Days: Tuesdays

Dates: 3-31 Mar 2020

Price BD45 (5 classes)

To book: Call 17591565