

# **B YOU YOGA**

PROGRESSION NOT PERFECTION



## **SLOW FLOW YOGA AT THE VAULT**

**MONDAYS 7:00 PM – 8:00 PM**

**SLOW FLOWING YOGA FOR THE BODY  
AND MIND.**

**SUITABLE FOR MIXED ABILITIES  
BEGINNERS ARE ALSO WELCOME**

**£10.00 PER PERSON**

**BLOCK BOOKINGS AVAILABLE AT THE FOLLOWING DISCOUNTED RATES:**

**4 CLASSES @ £36.00**

**8 CLASSES @ £68.00**

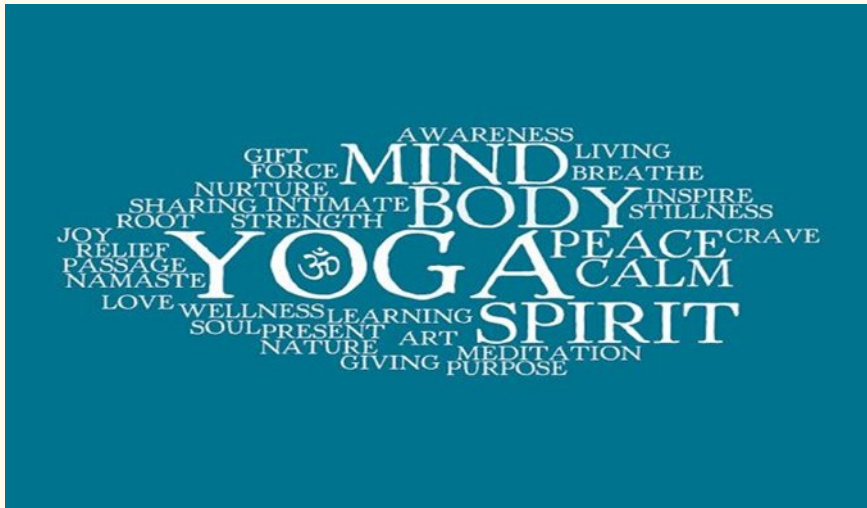
**PLEASE CONTACT SHARON FOR MORE DETAILS**

**07843 439475**

**THOMASSHARON103@GMAIL.COM**

- Block bookings need to be used within a timed period.
- Cancellations need to be made at least 48 hours in advance, otherwise full payment will be taken.
- I have a limited number of mats. If you need to borrow one, please let me know before attending. Blocks and belts will be available.
- New booking system and updated website coming soon!

# ABOUT B YOU YOGA



Hi everyone, I'm Sharon from B You Yoga. After practicing yoga for 5 years, I decided to share my experiences with others. I qualified as a yoga teacher with Contemporary School of Yoga (accredited with Yoga Alliance) in October 2019.

My main focus is to share my knowledge with people who are new to yoga. We all hear the myths like "I'm not flexible enough", "I can't touch my toes"! We all have things we can't do, but yoga isn't one of them. It really is accessible to everyone!

## MY STYLE OF YOGA

I mainly teach a slow flowing practice which allows us to move the way our body allows us too. This looks different for everyone which is why I offer different options to all. It's a fun way to move, letting the mind and body relax.

My class sequences change every 4 weeks. This gives my students time to get used to the poses and allows them to see progress each week in how the pose feels in their own body. The aim is progression not perfection!

