

# SK

clinic + spa

## Ashtanga Yoga Classes now available at SK

- ❑ Would you like help to build flexibility, strength, concentration, and stamina?
- ❑ Do you need to relieve tension, muscular aches and joint stiffness?
- ❑ Then SK has the answer with Ashtanga Yoga classes, held in the calm and tranquil, private environment of SK's upper lounge area.

Mats and blocks are available to borrow if needed.



Once, booked, each 1 hour session will run on the same day for 6 consecutive weeks (excludes half-term and holidays).

Each 6-week course is £60.00 per person which must be paid at the time of booking. *Terms apply.*

We also accept Drop-In's. Just £12.50 payable on the night - must pre-book and subject to availability.

Each course is suitable for beginners through to experienced yoga-goers!

If you would like to attend an Astanga Yoga course at SK, please ask a member of the SK team for details of availability, course dates, etc.