

new classes

# Funky Friday Yoga

with Mark Careless

**This class is going to set you up for the weekend!**



Mark is currently training to teach Ashtanga Vinyasa Yoga but wants to develop his own unique style.

He is studying with many of the top teachers and blending these experiences together to form a fun and funky yoga mix.

This class will combine lots of the basics of Ashtanga Vinyasa with some funkier elements such as balances, (hands and feet!) core strength and twists.

The lesson plans will vary every few weeks to keep you on your toes and expand your knowledge whilst increasing the enjoyment too.

The class will be light hearted and fun and is suitable for all levels including beginners. If you can't make the Introduction to Yoga 6 week series then this is an alternative for you to get stuck into!

6.00pm to 7.30pm Fridays

Starts 15th January

Now booking at reception!



be yourself

[www.the-self-centre.co.uk](http://www.the-self-centre.co.uk)

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