

yoga

pilates

treatments

everyone

triyoga

courses at triyoga, soho

beginners yoga course with Camilla Maling

This 8 week Beginners Yoga course will introduce beginning students to a level 1 yoga practice in an environment that is supportive, consists only of beginners and offers individual attention. Students are given the time to understand and become familiar with the different poses and work at a pace that ensures learning.

This course provides:

- a steady and nurturing learning environment for the beginning student
- an introduction to the level 1 yoga postures
- an introduction to universal principles of alignment and action
- a forum for asking questions
- an opportunity to learn about the body and how to prevent injury in yoga
- a basic introduction to the breath

Camilla Maling is an Anusara Inspired™ Hatha Vinyasa Yoga teacher, dancer and sound designer. Her teaching combines the bio-mechanic alignment principles and heart oriented Tantric philosophy of Anusara Yoga™ with flowing Hatha Vinyasa sequences, dance inspired movement and sound.

During her classes, Camilla's students explore the essence of body awareness and discover their capacity for freedom of expression. They receive concise alignment information within a supportive, playful and acoustic environment. Camilla seeks to stimulate the imagination and take her students on a journey, encouraging a deeper understanding of their body and spirit.

summer time special 8 week course for the price of a
6 week course!

starts Tuesday 7 August 7.45-9pm 8 weeks £65

triyoga soho, 2nd floor kingly court, carnaby street, w1b 5pw
to book call 020 7483 3344, email info@triyoga.co.uk or visit www.triyoga.co.uk