

WELCOME TO RISE & FLEX - THURSDAY MORNING YOGA!

Join me for 45 minutes of energising yoga to set you up for the day ahead.
Sessions will last 45 minutes and include elements of meditation and breathwork alongside a lush yoga sequence designed to lift and warm your soul, open your heart and clear your mind.

£5 - £10 sliding scale donation.

Make payments at <https://www.paypal.me/yogivaughan>

Please include your name and date of class with payment.

Please use the zoom link below to attend

<https://us06web.zoom.us/j/89550970783>

By joining this class you are confirming that you're fit and healthy to take part in physical exercise and have no health conditions that mean you should avoid doing yoga and breathwork. If you have any doubts about this please consult your GP or relevant specialist.

See you on the mat!

Vaughan

@yogi_vaughan

See full schedule [here](#)