



Sung's House of Yoga

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Dorking Lawn Tennis and Squash Club

Thursday 10am - 11am & Saturday 9.00 am - 10.00 am

Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama) with the goal of bringing about a sound, healthy body and a clear, peaceful mind, which work to make the spine supple and to promote circulation in all the organs, glands, and tissues. Hatha yoga postures also stretch and align the body, promoting balance and flexibility

Both class run for 60minutes, within the class structure I will cover a number of postures which is Hatha yoga, Vinyasa flow will benefit all. from seasoned yogis to the absolute beginners, all ages and abilities.

Please do bring your own mats and props but if you dont have mats there will be the opportunity to hire one.

£10 - Drop in per class
£55 - Block of 6 classes
£90 - Block of 10 classes
£1 - Mat hire

All students wishing to attend class will need to book in advance via email or phone text messages as well as pre paying.

Payment - Bank transfer or cash.

(Bank: SANTANDER Sort code:09-06-66 Account no: 42358675)

Hope we can bring smile and a wellness to our life.

*** Less than 24 hours cancellation notice full fee will be charged.**

Sung-hee Lee

Physical Specialist/ Sports Therapist, Yoga Teacher
Nutrition & Lifestyle Coach Raw.Dip. IHHHT. IIST. C.H.E.K level 1 Yap

Mobile: 07773 683 592 E-Mail: sungheelee216@gmail.com