

# Yoga at SKY STUDIO

## RATES

RESIDENT GUESTS  
FIRST CLASS **FREE**  
SECOND CLASS **R140**

GROUP YOGA  
DROP IN/SINGLE CLASS  
**R160**



## GROUP YOGA SCHEDULE

### MONDAY

RISE & REBALANCE YIN YOGA  
8 - 9 AM

### TUESDAY

FOUNDATIONAL VINYASA FLOW  
8 - 9 AM

### WEDNESDAY

VINYASA MOVE & FLOW  
8 - 9 AM

### THURSDAY

RISE & REBALANCE YIN YOGA  
8 - 9 AM

### FRIDAY

VINYASA MOVE & FLOW  
8 - 9 AM

### SATURDAY

VINYASA MOVE & FLOW  
8 - 9 AM

#### RISE & REBALANCE YIN YOGA

Slow-paced, meditative yoga with poses held for several minutes promoting flexibility and mindfulness.

#### FOUNDATIONAL VINYASA FLOW

Anyone seeking to refine fundamental yoga skills before moving on to more complex sequences and poses.

#### VINYASA MOVE & FLOW

A faster moving yoga class offering dynamic movement for building strength & shifting energy.



*Judy* is a RYA Certified Yoga Instructor that will be guiding you on a Yoga journey of mindfulness and wellness. Judy specialises in Vinyasa, Ashtanga & Yin yoga, she is here to help you discover balance, flexibility, strength and serenity through movement, meditation and breathing.

Contact Judy Dicks on +27 (0)72 039 6139

## CONTACT

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