



MOVE. BREATHE. BALANCE

**Outdoor yoga classes for
everyone!**



Price:

R50pp

R200 for a 5-class package

R400 for a 10-class pass

R40pp for group bookings of 3 or more



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Please note: Bookings for classes are to be made at least **48 hours** in advance via email or WhatsApp. Unfortunately, we are not currently able to accommodate drop-in clients.

Who can come to class?

As our tagline reads, these classes are for EVERYONE. Young, old, beginner, advanced. Everyone's welcome!

If you have an injury or are recovering from an illness, it's best to check with your doctor before joining a class.



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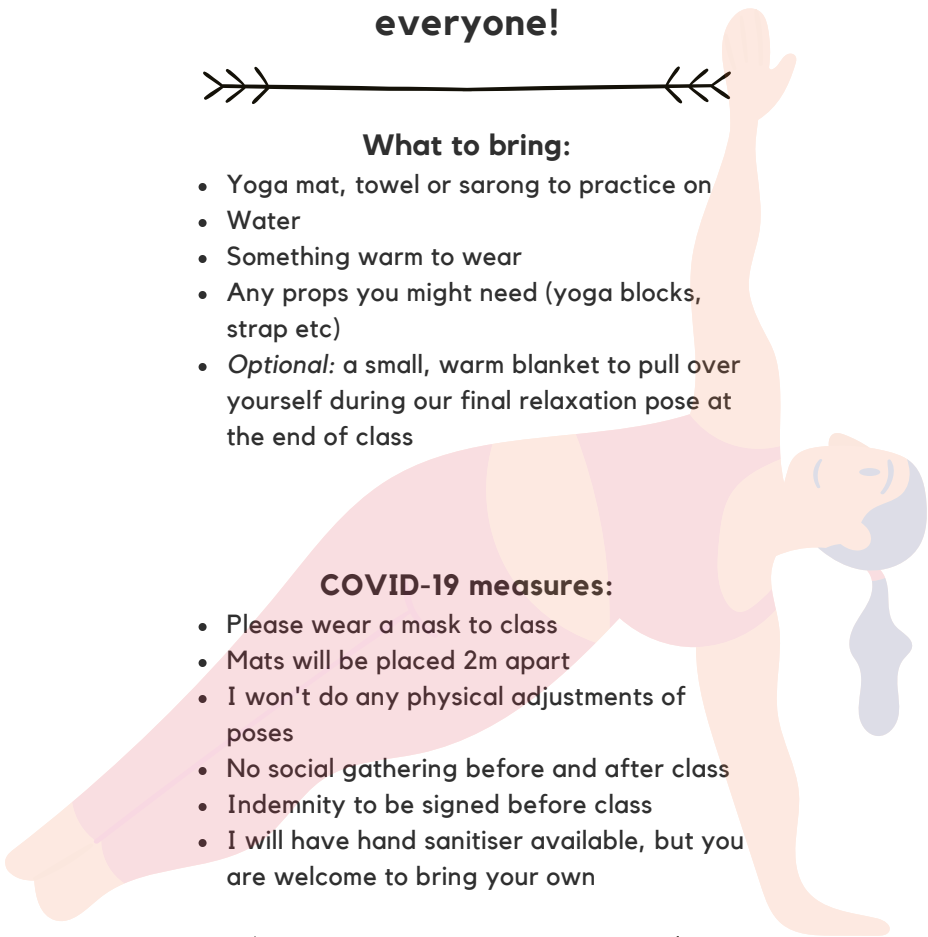


What to bring:

- Yoga mat, towel or sarong to practice on
- Water
- Something warm to wear
- Any props you might need (yoga blocks, strap etc)
- *Optional:* a small, warm blanket to pull over yourself during our final relaxation pose at the end of class

COVID-19 measures:

- Please wear a mask to class
- Mats will be placed 2m apart
- I won't do any physical adjustments of poses
- No social gathering before and after class
- Indemnity to be signed before class
- I will have hand sanitiser available, but you are welcome to bring your own



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About Nadia:



I have a 200hr yoga teaching qualification
from Wellness Connection in Hout Bay.

I draw constant inspiration from the ways in
which yoga has allowed me to grow stronger,
braver, more confident and – slowly but surely
– more flexible too.

It truly is a journey!



Please feel free to get in touch - I'd love to hear from
you!

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