

# WELLNESS

## AMELIA COUTISSON 18th - 30th May

	<b>Monday</b> 18/05/2026 25/05/2026	<b>Tuesday</b> 19/05/2026 26/05/2026	<b>Wednesday</b> 20/05/2026 27/05/2026	<b>Thursday</b> 21/05/2026 28/05/2026	<b>Friday</b> 22/05/2026 29/05/2026	<b>Saturday</b> 23/05/2026 30/05/2026
<b>8:45 - 9:30</b>	Slow Flow Yoga	Dynamic Vinyasa Hip and heart openers	Slow Flow Yoga Grounding flow	Dynamic Vinyasa	Sound Healing	Dynamic Vinyasa Backbends & spinal twists
<b>9:45 - 10:30</b>	Flow to Meditation		Dynamic Vinyasa		Flow to Meditation	Sound Healing
<b>5:00 - 5:45</b>	Restore and Unwind Spinal Release	Sound Healing	Flow to Meditation	Sound Healing	Restore and Unwind	

### Slow Flow Yoga

Slow Flow Yoga is a grounding practice that enhances flexibility and deepens stretches through slow, fluid movements. Designed to promote relaxation, balance, and calm, it's the perfect class for beginners.

### Restore and Unwind

A breath-led restorative yoga class designed to build warmth, enhance mobility, and promote deep relaxation. Expect some restorative fluid Yoga postures in the first half of class, followed by deeply restorative, slower-paced poses to end, calming the body and mind.

### Sound Healing

Sound healing is a therapeutic practice that uses vibrations from instruments such as singing bowls, gongs, and tuning forks to promote deep relaxation, reduce stress, and restore energetic balance in the body and mind.

### Flow to Meditation

Find calm, clarity, and balance through guided breathwork and meditation. This all-level session blends gentle movement, breath techniques, and stillness to regulate the nervous system, reduce stress, and sharpen focus. You'll leave feeling grounded, refreshed, and restored.

### Dynamic Vinyasa

An uplifting vinyasa flow that blends breath and movement in a continuous, dynamic sequence. Designed to build strength and fluidity while calming the mind, this practice leaves you feeling balanced, energised, and restored.