

WELLNESS

LUCIA ZANONE 18th May - 30th May

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

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.

Restore and Unwind

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.

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.