

WELLNESS

MYRTHE VAN GAMEREN 8th - 20th June

	Monday 8/06/2026 15/06/2026	Tuesday 9/06/2026 16/06/2026	Wednesday 10/06/2026 17/06/2026	Thursday 11/06/2026 18/06/2026	Friday 12/06/2026 19/06/2026	Saturday 13/06/2026 20/06/2026
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	Flow to Meditation		Dynamic Vinyasa		Flow to Meditation	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.

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.

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.