

Learn to follow your bliss the right way. on your own unique personal journey.

### About me

I have been a Yoga practicioner for over seven years and gained my 200 hours yoga teaching accrediation in July 2020. I have further training in different types of yoga, including Yin & Yoga Nidra. I have previously trained in Tai Chi, Qi Gong and have over nine years experience in meditation





Frananda Yoga has helped to greatly improve my all round flexibility, in particular to recover full movement in my shoulder following a cycling accident.

It is an integral part of my training for future long distance cycling sportives.

DAVID



## Contact

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facebook.com/franandayoga instagram.com/yogawfran

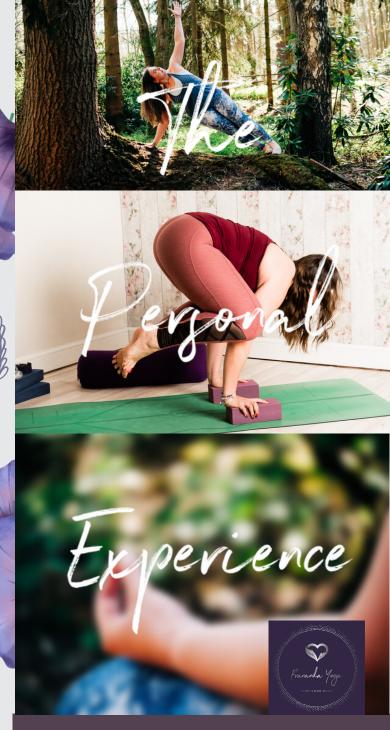


I thought it was great to learn more about yoga movements. I didn't just want to do the movements but also why I was doing them. It made me feel more grounded and it helps me to stay in the moment.

> KATRIN NOTTINGHAMSHIRE







One to One Yoga Teaching

## Why choose one to one yoga teaching?

Although group classes are a great way to connect with other yogis, One to one Yoga teaching can help you to elevate your yoga to the next level. Taking a bespoke, tailored approach to your yoga practice, Frananda Yoga One to One yoga teaching can help you to attain greater levels of

## Who is this suitable for?

you're trying to learn Sun Salutations, or perfect your headstands, or simply just want to be more teaching can help you to achieve your goals

# Ready to find your bligs?

meeting (free of charge) to help you to find the right starting point.

You can contact me using the details on the back of this leaflet.



## Yoga Packages

#### One-off sessions



#### Weekly Sessions

Junar Yogi One Month / Four Weeks £130



Seasonal Yogi

Three Months / Twelve Weeks



