

J U L Y 6<sup>T H</sup> , 2 0 1 4

# XPhysio Yoga

Power Vinyasa Yoga



## Summer, summer, summertime!

Hello my friends! 2014 has been a wild ride, but I am back in London! I was greeted with a lovely, sunny day, which made me quite excited for my first summer in London...and wonder why I always chose the winter prior. I never knew people wore open-toed shoes and bared skin in this city! Summer is as good of time as any to stick to your health and fitness programs, so pencil in yoga with me on Sundays. We have reduced summer rates to compete with the sunshine! I will be back in Market Sports and CrossFit Hackney starting this Sunday, July 6<sup>th</sup>. Stay tuned as I look into starting a weeknight class and the occasional workshop. Looking forward to seeing you all!

Katrina

## Schedule

### Sundays

3-4:15pm **Market Sports**  
1-6 Bateman's Row  
EC2A 3HH

5-6:00pm **CrossFit**  
**Hackney**  
Arch 328, Stean St.  
E8 4ED

### July

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

• Classes are £10 per drop-in or £40 for a pack of 5 that can be used at either location.

• Market Sports Yoga is £5 for Market Sports members

• Yoga at CrossFit Hackney is free to its members

Please reserve your space by emailing me through the link on the left

✉ (under my name) or through the respective site if you're a member!



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