



Discover Vinyasa Yoga



This month we'll be bringing you several ways for you to find your happy. And what better way to start than with three yoga classes from Sabi Kerr? Often thought of as just a relaxation technique, yoga can help you leave anxiety, anger and apathy behind!

These colourful Vinyasa Yoga classes will show you how to combine breath and movement through a range of postures. It's great to do at home, so it's easy to try something new if you're unsure.

Classes with Sabi Kerr



Class 1: Go with the slow

Combine breath and movement to be in tune with your body with gentle movements.

[See the class](#)



Class 2: Dare to be dynamic

Get your sweat on with continuous movements in synergy with your breathing and body.

[See the class](#)

Class 3: Spark creativity & flexibility

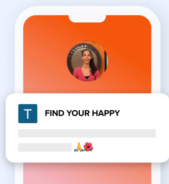
Stretch, slide and swivel across all four corners of the mat in a playful routine.



[See the class](#)

More to come!

Stay tuned for more yoga classes next week or check out our app for stretches & tips if you really want to get involved.



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