

Week 4, PYT!

I promise this one is a little easier than last weeks! This class is focusing on our lower body - our hips, glutes and hamstrings. Enjoy!

In this class I also invite you to play with Ujjayi breath. This is a very safe breathing technique which can be used throughout your class. Ujjayi breath is where we breathe through the nose with a slight constriction in our throat, this means our breath is audible. It might sound like a light snore or Darth Vader...

As ever, get in touch with any questions/requests for our classes.

Sarah x

Email: sarah.haddath@gmail.com

Instagram: sarahhaddath