



# Breathe & Move

with Becky

## Vinyasa Flow Yoga

WEDNESDAY 7-8pm

THE BARN, HIGHDOWN SPORT & LEISURE CAVERSHAM

Vinyasa flow is a creative form of yoga where poses are linked together with the breath in a flowing sequence. You'll develop a stronger mind-body connection and grow in strength and flexibility. Open to all levels.

### To Book

To book a class at Highdown Sport & Leisure  
please contact the office

0118 901 5812

<https://www.highdown.reading.sch.uk/timetable>

### Get in touch

For all general enquiries please contact Becky

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07792469584

For more information visit

[www.breatheandmovewithbecky.com](http://www.breatheandmovewithbecky.com)

