

Yoga with Nikesh

The Week

If you have time, please have a look at the link below on my short video on 'Yoga - A fair world really matters'.

<https://www.youtube.com/watch?v=XD-1ELArTk>

Online Yoga Classes



- Interactive sessions via Zoom with verbal cues to help you make the most out of these sessions.
- The classes are **one hour long which includes 50 - 55 minutes of Asana practice and 5 - 10 minutes of meditation/relaxation.**

Sunday 10am - 11am: **Surya Namaskar Discipline**

Monday 7.45am - 8.45am: **Slow Flow & Meditation**

Tuesday 8am - 9am: **Morning Flow Yoga**

Thursday 6.30pm - 7.30pm: **Hatha Yoga**

Saturday 10.15am - 11.15am: **Vinyasa Flow Yoga**

[Book Now](#)

7 Day Home Yoga Challenge

6th June 2020





We are now taking bookings for our next round of 7 Day Home Yoga Challenge and we would be delighted to have you join us.

Discover a new way of looking at the world

7 Day Home Yoga Challenge

- Suitable for everyone
- Yoga, meditation & coaching

1. Increase awareness
2. Increase strength & flexibility
3. Realize your purpose

  @yogawithnikesh
 yogawithnikesh@gmail.com
 www.yogawithnikesh.com



Get a better understanding of yourself



[Book Now](#)

YouTube

Every Saturday at 9am, I post a free yoga class on YouTube. I hope you find these sessions useful. We welcome any feedback on these videos via emails or directly on our YouTube channel. Please do subscribe to our channel, so you get notified when a new video is posted.

<https://www.youtube.com/watch?v=KHSn79UrfeA&t=2s>

[For more information, please visit our website.](#)

Get in touch with us

If you would like to give us feedback/comment, please do get in touch with us via email. We would love to hear from you.

If you do not wish to receive further emails from us, please let us know and we will remove you from our distribution list.

