

# Ashtanga meets Vinyasa Flow



**Teacher:** Kate Woodward

**Friday:** 7:30 to 8:30am

An active power yoga class designed for people to harness and channel their energy - a perfect start to your day.

The aim is to leave feeling energised, stretched and stronger, with increased focus, balance and a sense of calm.

Whether you are new to yoga or a more experienced yogi this class will cater for you, allowing you to vary your postures according to your needs. Kate's passion (and talent we think!) is to make yoga accessible to anyone and everyone, regardless of age or physical ability.

For more information or to book email [bookings@boco-uk.com](mailto:bookings@boco-uk.com) or call us on **020 8399 3930**.

---

#### About the teacher:

**Kate Woodward** is a Yoga Alliance qualified teacher and a professional and personal coach. Her yoga journey started about 15 years ago after slipping a disc. It wasn't exactly love at first sight but over the years she found herself coming back to her mat again and again, not only for the physical benefits but for the emotional, spiritual and mental benefits. Her love turned into a passion and she naturally fell into teaching, becoming qualified along the way. The yoga she teaches is based on Ashtanga because she adores the philosophy, but in practice she loves to bring other types of yoga into her practice; hatha, yin and vinyasa flow in particular.



[www.boco-uk.com](http://www.boco-uk.com)

VAT Reg No. 998660054 • Reg in England & Wales no: 5247234  
Reg office: 1 Littleworth Road, Esher, Surrey KT10 9PD

© Copyright Body Concepts UK Ltd