

Open Your Heart this Valentine's Vinyasa pop up with Alex



Valentine's Day weekend is the perfect opportunity to focus on practicing self love and self care. In this 90-minute special Vinyasa yoga pop up, we will flow through an active, heart-opening practice incorporating backbends and aimed towards creating space in the heart, shoulders and chest, an area where many of us hold a lot of tension. We will stretch the hip flexors and build strength in the arms, legs and back muscles. Through a gentle cool down we will gradually turn inwards and close with a meditation to cultivate compassion.

Join Alex and expect to leave feeling relaxed and rejuvenated.

Suitable for all levels

- 🌿 Date: Friday 15 February
- 🌿 Time: 9am-10.30am
- 🌿 Investment: AED 100 (including Nectar juice)

All prices are inclusive of VAT.

Book your place by emailing

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