

# Pop Up Happy Vinyasa Flow

## with Mary



Happy Mary Yoga is for everybody! Since yoga is inherently a meditative practice, we'll focus on holding the poses to switch on more presence. The intention is to achieve mindfulness while building strength of mind and body. A smile and a mat is all you need to share your practice with Mary!

This is a Vinyasa flow class for all abilities.

Mary Gayen (RYT 200, 2018) Following in the footsteps of inspirational mentors who touched her life with their gentle spirit and craft, Mary became a teacher to pay it forward. She hopes to welcome practitioners to a non-judgemental and non-competitive space, from where they can take back the tools for a sustainable practice. Her brand of Happy Mary Yoga believes yoga can calm all.

- 🌿 Date: Friday 15 March
- 🌿 Time: 9am-10:30am
- 🌿 Cost: AED 100 (including Nectar Juice)

Prior registration and payment are required  
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