

# Yoga Class

**Every Monday and Wednesday**

Monday, 31 October to  
Wednesday, 30 November

**Members: \$30+**

**Non-Members: \$35+**

*Minimum of 4 participants to  
commence up to a maximum  
of 8 per session.*



## Yoga Stretch

**10am – 11am**

This class consists of a selection of yoga postures that focuses on stretching in order to improve your flexibility, stability, and mobility. Designed as a preparticipation workout for sports engagement (e.g., tennis and golf), it is an excellent class for active recovery. Beneficial for beginners and advanced practitioners.

## Sun Flow Yoga

**11am – 12pm**

A Sun Flow class focuses on breath-synchronized movements based on the sun salutation sequence. Using challenging variations of standing, sitting, balancing, and breath awareness, this exercise improves strength, stability, and breath control.

Click **HERE**  
to register

For registration or enquiries,  
please call the Pro Shop at 6410 1173 or email [sports@britishclub.org.sg](mailto:sports@britishclub.org.sg)

Please note that club events may be photographed/recorded and these photographs/footage may be used for club collateral. Your presence indicates your consent to being photographed. Photos are for illustration purpose only.

