

Snake Charmer

Cobra (Bhujangasana) is a wonderfully helpful posture for aiding digestion, menstrual problems, and rounded shoulders as well as bringing strength and flexibility to your arms, back and chest!



Vinyasa Flow is a creative form of yoga. Synchronising each movement to the Ujjayi breath, you dance through a flowing sequence of asanas using graceful transitions to link each move.

It is a great way to cleanse the body and calm the mind whilst building strength, flexibility, fluidity and creativity.

1. From Plank Pose lower yourself completely to the floor, keeping your elbows bent and palms pressing into the floor either side of your chest.
2. Inhale to lift your head and chest away from the floor. Keep your elbows slightly bent and in towards your body.
3. Press the tops of your feet into the floor to keep your legs energized.
4. Lengthen the tail bone and press the pubic bone into the floor, keeping the belly drawn in.
5. Check that your shoulders are rolled down away from your ears and remaining soft in your face.
6. Keep connected with your Ujjayi breath, feeling the inhalation expand the chest and the exhalation drawing the belly back even more.
7. Enjoy this pose for a few breaths before releasing down.

Charlotte is a much-celebrated yoga teacher. She has a fun and enthusiastic approach to passing on all the beautiful Vinyasa Flow sequences and Yogic knowledge she has received and created since she was fifteen years of age.

Charlotte currently teaches regular classes, workshops and private tuition in Bristol's most exclusive wellness centre, The Berkeley Centre, Clifton as well as Sweaty Betty on The Triangle and a private venue in Redland.

For all info go to www.yogaline.co.uk or call Charlotte directly on 07533 732 035.