

Online Classes

With Angie Beadle



What to have handy....

I would suggest arriving early to class, taking some time to feel your space as well as set your camera up. Think of this as part of your yoga practise, make sure you take three breaths alone before you switch you camera on.

It would be great if you could practise with a wall space close to you and bring any yoga equipment that you have handy. If you don't have equipment, please bring a hardish cushion to sit on, a strap and a blanket for relaxation

Please also bring a small notebook, that will act as your Yoga Guidebook, and a pen.

If you have the books Light on Yoga or Light on Pranayama by B.K.S Iyengar then please have them close by, if not.. no worries.

If you (or I) have any technical problems, you won't be charged for the class and we can reschedule.



Please make payments to; Santander Bank, Angie Beadle,

Sort Code 09-01-53 Account Number 84323987

Once you have made your payment you will be sent via email, an invitation to join.

I look forward to welcoming you virtually from my little corner of Portugal.