

Find Your Fire

"Seek out that which sets your soul on fire"

Online with Warrior & Wild

NOVEMBER 2020

M	T	W	T	F	S	S
2 12.30pm DESK RESET > Sharon (15m)	3 7.30am BREATH LAB > Sharon (30m) 7.30pm FIERY FLOW > Courtenay (40m)	4 8am WARM AWAKENING > Courtenay (30m)	5 8am CORE FIRECRACKER > Stacie (40m) 8pm REKINDLE > Sharon (40m)	6 7pm YIN & TONIC > Deacon Conroy (60m)	7	8 6pm NURTURE YOUR INNER FIRE > Georgia (45m)
9 12.30pm DESK RESET > Sharon (15m)	10 7.30pm FIERY FLOW > Courtenay (40m)	11 8am WARM AWAKENING > Courtenay (30m)	12 8am CORE FIRECRACKER > Stacie (40m) 8pm REKINDLE > Sharon (40m)	13	14	15
16 12.30pm DESK RESET > Sharon (15m)	17 7.30pm FIERY FLOW > Courtenay (40m)	18 8am WARM AWAKENING > Courtenay (30m)	19 8am CORE FIRECRACKER > Stacie (40m) 8pm REKINDLE > Sharon (40m)	20	21	22
MORNING GLOW - 7am every morning > Sharon (40m)						
23 12.30pm DESK RESET > Sharon (15m)	24 7.30am BREATH LAB > Sharon (30m) 7.30pm FIERY FLOW > Courtenay (40m)	25 8am WARM AWAKENING > Courtenay (30m) 9.30pm YOGA NIDRA > Sharon (40m)	26 8am CORE FIRECRACKER > Stacie (40m) 8pm REKINDLE > Sharon (40m)	27	28	29 9.30am TWIST IT OUT > Sharon (60m)

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HEAT BUILDING FLOW

9.30am Sunday 1st

with Sæunn

Kick off the winter season by building up some serious heat in the body. A cracker of a flow that will warm your heart and soul, and probably get you a bit sweaty too!

BREATH LAB

7.30am - Tues 3rd & Tues 24th

with Sharon

Begin to notice your own breath patterns whilst being guided through a variety of breathwork practices to aid inner space, healing & a sense of grounding.

FIERY FLOW

7.30pm every Tuesday

with Courtenay

Fire up every muscle in the body with this fiery flow series, which will build up heat & strength through a progressive sequence that we build onto each week.

WARM AWAKENING

8am every Wednesday

with Courtenay

Ease into your day with 30minutes of slow and steady movement & simple breath practices, warming up and awakening the whole body from head to toe.

DESK RESET

12.30pm every Monday

with Sharon

Whether you're working from home or office, this express practice will release tension & energise you for the afternoon. It's chair based so you can jump straight in from your desk, no mat required!

CORE FIRECRACKER

8am every Thursday

with Stacie

Fire up your morning with this powerful HIIT inspired practice that will heat, challenge & strengthen! This invigorating series will energise the whole body, with a special focus on the core.

REKINDLE

8pm every Thursday

with Sharon

Improve how you move each week with a specific focus - you will learn to enhance movement, find flexibility & let go through functional movement, stretches & breathwork.

YIN & TONIC

7pm Friday 6th

with Deacon Conroy

End of the week Yin practice, low stakes, chill crowd & cold beverage of your choosing! This practice is for everyone who needs to stretch, connect and release.

TALK: DIGESTIVE SUPPORT

Date TBC

with Rebecca Warren

Registered nutritionist Rebecca Warren will be talking us through the simple steps you can take to support your digestion & answering any questions you have!

NURTURE YOUR INNER FIRE

9.30am Sunday 8th

with Georgia

A slow and steady class to create a positive burn within ourselves. 30min class followed by a 15 minute candlelit meditation. (Please have a candle /tea light to hand.)

YOGA NIDRA

7pm Friday 23rd

with Sharon

Drop into a deeper state of relaxation with our November Nidra. Inspired by releasing anger & finding inner strength, nestle down & find your remedy as you melt into stillness.

TWIST IT OUT

9.30am Sunday 29th

with Sharon

A fun flow that will energise & uplift your weekend through feel good spinal movement.