



# Shaheena Dax

## Yoga Instructor

Shaheena has been teaching one-to-one Yoga and group classes at the Club since 2007.

She has a background in competitive ice-skating, music, singing, performance and drama. She has completed the International Yoga Alliance Teacher Training here in London.

Shaheena teaches a creative blend of all the things she has learnt over the years such as slower paced deep stretch work, dynamic and intensive flow work, posture work, strengthening work with a few physio and dance moves thrown in. She can help you find modifications to suit any injuries and conditions and can help you develop your practice as a beginner, as someone in recovery or as an advanced athlete.

She will guide you towards solid technical understanding of the postures, good breath control and a stronger more flexible body.

Shaheena teaches private lessons throughout the week.

You can find the times of Shaheena's group lessons below:

### **Monday**

Vinyasa Flow, 4.30-5.30pm and 5.30-6.30pm

### **Thursday**

Vinyasa Flow, 7.30-8.30am and 8.30-9.30am

### **Friday**

Vinyasa Flow, 1.00-2.00pm

### **Saturday**

Vinyasa Flow, 11.30am-12.30pm

### **Sunday**

Hatha Yoga, 9.00-10.00am

Slow Vinyasa Flow, 10.00-11.00am

Hot Yoga, 11.00am-12 noon