

# Free weekend yoga at Eden Locke

**This Saturday get off to a good start with some free yoga.**

Eden Locke is launching 'Eden Yoga' to give Edinburgh residents and their hotel guests complimentary yoga sessions to kick-start their weekend.

On Saturday morning from 8am, classes designed to help unwind the mind and loosen tension in the body, will leave guests feeling refreshed, relaxed and rejuvenated.



The first unique yoga session in the Saturday series will be hosted by instructor Lauren Bryden, a classically trained ballet dancer with The Royal Ballet turned yoga practitioner.

Lauren will teach a variety of yoga classes including Vinyasa Flow and Power Yoga. Classes will be accessible and tailored for all levels from complete beginners to pro-yogis.

Each 45-minute session will be held on Saturday mornings at Eden Locke from 8.00am – 8.45am. Yoga instructors Lauren Bryden and Katie Grant, alternating each week, will take guests through a bespoke yoga lesson as well as core training. Guests can end their session with a Hyde & Son smoothie or juice made fresh for them that morning to help 'get in touch with their zen'.

Eden Yoga sessions are part of Eden Locke's immersive cultural, health and wellbeing programme which includes yoga classes, photography workshops and monthly DJ sessions with DJ Collective Butta Bag.

Places for each weekly session [can be booked here.](#)