



SPRING YOGA WORKSHOP with REBECCA

Sunday April 17th (Sunday) 10am - 2pm

Skelsmergh Community Hall

A workshop designed to tune in with the energetic flow of spring. This means detox, revitalize and reconnect with your vital energy during this beautiful season. We will focus on selected standing and seated postures and short flows in more detail than is possible in a single class. We will sequence from dynamic flow to static posture work and then into relaxing yin and restorative yoga - there will be something for everyone!

This will also be an opportunity to learn a bit more about the rich and fascinating yogic philosophy underpinning a yoga practice as a way to reflect more upon the physical and breathing work we do.

The workshop will cost £30 (concessionary rates available upon request; e.g. students, unemployed, state pensioner)

EVERYONE WELCOME - NO PREVIOUS EXPERIENCE NECESSARY

For further information, please contact Rebecca Ellis:

07907374278; jamsinanas@gmail.com

