



# Total Body Yoga for Strength and Flexibility

12th October 2019

10am-12pm

Sunnyfield House, Guisborough

**£15**

This workshop will combine the Yoga concepts of Sthiram (Strength) and Sukham (Comfort through Flexibility) exploring what needs to be strong and what needs to relax in our asana practice.

Emma will teach with her usual range of options for everybody who wishes to practise, providing a total body and mind experience encouraging Prana and culminating in a deep relaxation at the end of the session.



To book, contact Emma on 07762 519068  
or email [emmaliveyoga@gmail.com](mailto:emmaliveyoga@gmail.com)

