



Yoga for Gut Health

28th September 2019

10am-12pm

Sunnyfield House, Guisborough

£15

If you have ever experienced bloating, constipation, IBS, sluggishness or anxiety, then this workshop is for you!

With 80% of the immune system depending on the gut it is often referred to as the 'second brain' and is central to our general health and wellbeing.

This workshop will explore ways in which your yoga practice can nurture, clean and revitalise your gut, focusing on asana, pranayama and the wider application of the first and second limb Yamas and Niyamas concerning how we live our lives.

**To book, contact Emma on 07762 519068
or email emmaliveyoga@gmail.com**

EmmaLiveYoga

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