



Yoga Detox Boot Camp

Sat 4th January 2020
10am-12pm

Although the title is tongue-in-cheek this session is designed to raise the heart rate and reinvigorate all of the systems after the excesses of the season.

The session will involve warming and mobilisation, Vinyasa flow, Ashtanga Yoga, strength work and some Yoga HIIT (high intensity interval training). Emma will teach in her usual style providing options for all levels so this workshop is suitable for all.

£15

Sunnyfield House, Guisborough

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