



‘Escape the Madness’ Yoga Workshop

Saturday 7th Dec 2019

10am– 12pm

£15

The run up to the festive season can be a frenetic and tiring experience as we are bombarded with advertising, countdowns, lists and the prospect of juggling family visits, all at the time of year when our energy levels are low and our systems are crying out for rest and recuperation.

If this description rings true then this workshop is for you!

Escape the madness in a soothing blend of Pranayama, Hatha Vinyasa and Restorative Yoga; we will stretch, breathe deeply and hopefully emerge feeling grounded, restored and ready to meet the demands of the season.

Sunnyfield House, G’bro

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