



Yoga for Weight Loss Short Course

January 2020
5:30pm-6:30pm

Serenity, Guisborough

£45 to be paid in advance or **£10** PAYG if places available

This short course will have a focus on asanas (postures) and pranayama (breathing exercises) which build lean tissue and promote the shedding of any excess weight.

Emma will share the knowledge and practice she has amassed over the last 20 years which have taken her from the obesity category with a weak back, core and posture to where she is now in a strong and healthy body she has learned to love and be grateful for.

We will cover-

How to build a strong core and the role of the Bandhas

Advice on Sustainable Nutrition and healthy eating habits

Yoga philosophy on food and self image

Food, emotions and life's challenges

Only 9 places available, first come first serve

Course dates:

6/1; 13/1; 20/1; 27/1; 3/2

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