



Yoga for the January Blues

Saturday 11th January 2020

10am-12pm@Sunnyfield House, Guisborough

£15



The festive season is over, the weather is miserable and it can be easy to slip into the doldrums at this time of year but hang on! There is much to be grateful for and happy about.

If you feel in need of a pick me up, a boost to the spirits and a need to connect with your inner joy once again then this workshop is for you!

Emma will teach a creative mood-lifting range of asana, kriya pranayama (cleansing breath practices) and affirmation to promote a light heart.

There will be options for everyone and all are welcome.



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