

Nurturing November

9th Nov—30th Nov 2019

All classes to be booked and paid for in advance

9th Nov Saturday	(@Sunnyfield House, Gboro)	£20
10 am– 12 pm	Chakra Yoga & Soundbath with Emma & Adrienne (more details on website under 'Workshops')	
11th Nov Monday	(@Serenity, Gboro)	£10
5:30 pm-6:30 pm	Restorative Yoga	
12th Nov Tuesday	(@Errington School, Marske)	£10
6:30 pm-7:30 pm	Yoga for Everyone	
13th Nov Wednesday	(@Serenity, Gboro)	£10
6:30 pm-7:30 pm	Ashtanga Yoga Half Led Primary series	
21st Nov Thursday	(@Serenity, Gboro)	£10
4 pm-5 pm	Relax and Unwind	
27th Nov Wednesday	(@Serenity, Gboro)	£10
5:15 pm-6:15 pm	Stretch and Breathe	
27th Nov Wednesday	(@Serenity, Gboro)	£10
6:30 pm-7:30 pm	Ashtanga Yoga Chandra Namaskar (Moon sequence)	
28th Nov Thursday	(@Serenity, Gboro)	£10
4 pm-5 pm	De-Stress and Unwind	
28th Nov Thursday	(@Serenity, Gboro)	£10
6 pm-7:30 pm	Yin Yoga	
30th Nov Saturday	(@The Earthbeat Centre, Saltburn)	£45
10 am– 3 pm	Winter Wellbeing Day Retreat (includes Lunch)	

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