



Accessible Ashtanga Yoga for Well-Being

Room 2, Sunnyfield House, Gboro

5:30pm-6:30pm



This introduction to classical Ashtanga Yoga will focus on the Primary Series or Yoga Chikitsa (Yoga Therapy) as taught to Emma by the world's leading and original Ashtanga Masters; David Williams, Manju Jois and Emma's much loved teacher, David Swenson.

Ashtanga in its original form is a healing therapy and a tool for transformation and as such is suitable for everyone- walking wounded especially welcome!

Term dates 20/4, 27/4, 4/5, 11/5, 18/5, 1/6

£50 for 6 session term or £10 pay as you go

Places are limited and first come first served.

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

EmmaLiveYoga

FREE YOUTUBE CLASSES

Picture by Tori Williams