



Emma Live Yoga  
www.EmmaLiveYoga.com

# YOGA BODY GLOW WORKSHOP

10 AM - 12 PM

19TH SEPTEMBER 2020

SUNNYFIELD HOUSE, GBORO

£15

This late -Summer workshop will have a focus on energising and stimulating the whole body to promote a peaceful mind and happy spirit.

Shake off the excesses of the Summer holidays with a creative and empowering blend of pranayama, asana and relaxation to leave you glowing both inside and out!

All welcome and options for everybody whatever body you are in.

**To book, contact Emma on 07762 519068  
or email [emmaliveyoga@gmail.com](mailto:emmaliveyoga@gmail.com)**

