

Lazy Late Summer-days
Stretch & Relax Workshop with Helena & Jody
Saturday September 14th, 12.00-2.30



A delicious combo for your body and mind

A guided walking meditation in the gorgeous gardens, followed by relaxing yoga stretch with essential oils and a neck massage to send you into a restorative state of bliss, all under the summertime sky and/or in our lovely shala.

Then join us for iced tea, healthy mini snack and chats

Cost is £30 or £25 if booked by September 3rd

Please book by emailing jody@yogaakasha.co.uk or helena.crismani@googlemail.com

With all our love Jody & Helena xx

