

Relaxing and releasing Yin Yoga workshop with Jade and Jody

Sunday December 13th, 3.00-7.00pm

At 'The Venue' Forest Row



Jody and Jade are delighted to be offering a pre-Christmas workshop to help ease away tension and stress to leave you feeling refreshed and rejuvenated, ready for the festivities.

The workshop will be gentle and nourishing, including some focused breathing to encourage balance and harmony, comfortably stretching and moving the body to release tension followed by yoga nidra to sink into a deep relaxation.

Yin Yoga is perfect to help us during these uncertain times, which has affected us all in some way. There is no pressure, just sinking and releasing deeper into poses as we stay in comfortable positions for longer than usual.

Rounded off with festive nibbles and shared time together.

Please bring your yoga mat, a blanket, a bolster if you have one or a couple of cushions/pillows and a pillowcase.

As numbers will be limited so you all have plenty of space, please book soon to avoid disappointment.

Location: The Venue is on the village green next to the skate park with plenty of free parking by Seasons and the Community Centre.

Cost: £50 or earlybird price is £45 if booked by November 13th

Booking: with Jade jade@artisticlicenceagency.com 07918 761083

or Jody jody@yogaakasha.co.uk 079844 36976

If lockdown prevents this workshop going ahead we will reschedule and carry your place forward or refund your payment if you prefer.