



## Joyfilled Yoga Workshop with Jade & Jody Sunday September 18<sup>th</sup>, 9.30-1.30



We are delighted to be offering 4 hours of Yoga – our 1<sup>st</sup> local workshop together since before lockdown!

We'd love you to join us for; breath work, gentle, supported, deep yin stretches to sink into whilst releasing tension, flowing sequences to rejuvenate and nourish your body and mind, and of course a well-earned shavāsana to deeply restore balance and peace. If the weather permits we may go outside for a barefoot walking meditation, to really connect with the earth, to ground and feel supported.

This workshop will take place in the very beautiful and spacious 'Granary Room' at 'The Peredur Centre for the Arts', West Hoathly road, EG, RH19 4NF. There is plenty of free parking.

The cost of this workshop is £50, or earlybird price of £40 if booking form and payment is received by August 18<sup>th</sup>.



Please bring your yoga mat and a bolster (or a couple of pillows/cushions).

For questions or to book your space, please email:

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