

YOGA WITH TESSA

MORNING WORKSHOP

TUESDAY 28TH OCTOBER

10.30 TO 12.30

TYLERS GREEN VILLAGE HALL

A CHANCE TO EXPLORE YOGA POSES WITH A SLOWER AND MORE IN-DEPTH APPROACH, IN A FRIENDLY GROUP WORKING WITH SENSITIVITY TO INDIVIDUAL NEEDS. THE WORKSHOP INCLUDES TIME FOR QUESTIONS AND DISCUSSION, POSTURE WORK, BREATHING, MEDITATION AND RELAXATION, WE ALSO HAVE A BREAK WITH REFRESHMENTS INCLUDED

BOOKING ESSENTIAL, THIS IS NOT A DROP IN EVENT.

£26 EARLY BIRD PRICE BOOKED BEFORE 21ST OCTOBER
£29 THEREAFTER

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