

# Yoga Posture Workshops

at Ewshot Village Hall, Tadpole Lane, GU10 5BX

£25

Workshops to focus on soft tissue release techniques, leaving you feeling refreshed and relaxed, yet energised and revitalised

## Sunday 17th June 2018:

This workshop will focus on the Summer Solstice energy meridians to cleanse and energise the heart and small intestine energies

## Sunday 30th September 2018:

This workshop will focus on the Autumn Equinox energy meridians to cleanse and energise the lungs and large intestine energies

Both workshops will be held for two hours from 10:00am to 12:00pm

Please note that booking in advance is required to secure your place

For more details, please contact Carolyn  
by phone on 01252 627505 or 07713 792913  
or email at [cjf@yoga-spirit.org.uk](mailto:cjf@yoga-spirit.org.uk)  
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