

Yoga Posture Awareness Back & Spine Workshop

with Carolyn Freeman

at Ewshot Village Hall
Tadpole Lane, GU10 5BX

£25

Sunday the 15th
October 2017
10:00am - 12:00pm



For more details, please contact Carolyn
by phone on 01252 627505 or 07713 792913
or email at cjf@yoga-spirit.org.uk
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Yoga Posture Awareness Back & Spine Workshop

A step by step workshop to the benefits of
posture awareness in the back and spine

In this two hour healing workshop, you will learn:

- Posture awareness relating to the back and spine
- How to release tension in the back and spine
- Beneficial postures and relaxation techniques
- How to strengthen the back and spine to improve posture
- How to develop the connection between body and mind to reduce stress

This workshop is suitable for all levels of yoga, including
novices and beginners. All ages welcome*

Carolyn has been actively involved in fitness, movement and
yoga for 30 years and uses her experience to teach accessible
and functional yoga to all levels and abilities.

Carolyn uses energy awareness and physical adjustments to aid
posture and alignment.

Carolyn uses humour and individuality during group work so
that all levels find her classes accessible, fun and interactive.

* Under 16s to be chaperoned by a responsible adult