

Yoga Posture Awareness Core Workshop

with Carolyn Freeman

at Ewshot Village Hall
Tadpole Lane, GU10 5BX

£25

**Sunday the 23rd
July 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 Core Workshop

**A step by step workshop to the benefits
of posture awareness in the core**

In this two hour healing workshop, you will learn:

- Posture awareness relating to the core
- How to release tension in the core
- Beneficial postures and relaxation techniques
- How to strengthen the core 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