

# Yoga Posture Awareness Legs & Feet Workshop

with Carolyn Freeman

at Ewshot Village Hall  
Tadpole Lane, GU10 5BX

**£25**

**Sunday the 10th  
September 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](mailto:cjf@yoga-spirit.org.uk)  
[www.yoga-spirit.org.uk](http://www.yoga-spirit.org.uk)

# Yoga Posture Awareness Legs & Feet Workshop

**A step by step workshop to the benefits  
of posture awareness of the legs & feet**

In this two hour healing workshop, you will learn:

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