

Yoga Posture Awareness Shoulders & Neck Workshop

with Carolyn Freeman

at Ewshot Village Hall
Tadpole Lane, GU10 5BX

£25

Sunday the 4th
June 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 Shoulder Workshop

A step by step workshop to the benefits
of posture awareness of the shoulders

In this two hour healing workshop, you will learn:

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

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