

Yoga & Meditation Workshop

Sunday 14th March 2010

7.00 Till 8.45

Yoga with Meditation

This workshop will be a gentle flowing class of postures suitable for any level of fitness and flexibility. Our meditation will begin with Pranayama and Trataka (candle Gazing). then meditation on the 6th Chakra, Ajna Chakra.



The workshop will include

Yoga postures
Introduction to
meditation
Trataka
Pranayama
Guided healing
visualisation and
meditation

Please wear loose comfortable clothes and bring a shawl/wrap/blanket or light jumper as you may feel cold during meditation.

Book early as spaces will be limited. Please contact the Studio to book your place. If you are unable to attend after booking please inform the studio 24hrs before so your space may be offered to others, otherwise the studio may have to charge you for your space.

I look forward to seeing you there.

Namaste
Sarah