

'The Joy of Yoga' with Jade & Jody

Sunday May 19th, 9.30-1.30



This workshop will focus on how yoga can help us feel joyful, keeping us young at heart and peaceful in the mind.

Yoga is so much more than the physical postures, with many benefits that help us lead a more joyful, contented and peaceful life. Join Jade and Jody to explore ways in which Yoga can bring us joy and how to keep it! This workshop is suitable for all levels of practitioners, including complete beginners.

Jody and Jade have over 45 years' experience of teaching yoga between them, so they bring much insight to their regular workshops, which they love sharing with you. There will be break for a few minutes half way through to have a light snack – please bring a banana or other fruit etc. with you.

We look forward to seeing you there!

Date: Sunday May 19th

Time: 10.00-2.00

Cost: £45, or early bird price of £40 if paid by April 30th

To book or for more info please contact
jade@artisticlicenceagency.com 07918 761083 or
jody@yogaakasha.co.uk 07956 969141



If you'd like details of Jody and Jade's next joint yoga holiday – 10 days on the gorgeous Greek Island of Aegina, October 3rd-13th 2019 please [click here](#)

