

Nourishing morning of Yoga with Jade & Jody

Sunday October 8th, 9.00-1.00

Jody and Jade are delighted to be offering a long nourishing morning, exploring many aspects of Yoga - relaxed and informally. We will enjoy a slow, yet gently strong asana practice with a deep, nourishing relaxation. We will spend some time quietly focusing on our breath, learning some simple, yet powerful pranayama/breathing techniques. There will be some quiet time in meditation, learning how to gradually train our mind to move away from the constant busyness so we can find some much needed inner peace. No workshop with Jade would be complete without pair work! Always a favourite – allowing us to interact in a friendly, supportive manner, enabling each other to relax and sink deeper into postures.

The workshop is suitable for everyone, enabling the letting go of stress, anxiety or tension. It will be particularly suitable for anyone who is looking to deepen their Yoga practice and/or find some inner peace.

Jade and Jody have over 40 years Yoga teaching experience between them! Both are co-founders of Yoga Akasha, enjoying being part of this beautiful space from its inception.

We will break for a few minutes mid-morning to have a light snack – please bring some bananas or other fruit etc with you.

We look forward to seeing you there!

Date: Sunday October 8th

Time: 9.00-1.00

Cost: £45, early price of £40 if booked by Oct 1st

To book or for more info

please email Jody@YogaAkasha.co.uk

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