

'Winter Rejuvenator - an uplifting candlelit workshop for tired bodies, minds and spirits' with Helena & Jody

Saturday February 16th, 4.30-7.00pm



We will focus on gentle movement to bring space into tight winter bodies, breath to release tension from long, dark winter days and meditation to bring positivity, creativity and motivation to mind and spirit as we move from the darkness of winter into the light and new life of spring.

We will use the bolsters and cushions to gently open shoulders and hips to create space in the body, breathing techniques to energise & relax and meditation for much needed inner peace.

Following a deep relaxation and neck massage we will share cake and a drink.

We do hope you can join us – our last workshop was full so please do book asap to reserve your space.

Date: Saturday February 16th

Time: 4.30-7.00pm

Cost: £30 or early bird price of £25 if booked by January 26th

Booking and questions: jody@yogaakasha.co.uk or helena.crismani@googlemail.com



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