



Yoga catch-up workshop with Nina Friday October 19th, 7.00-9.00pm



This workshop is open to anyone who would like to learn the key foundational yoga postures in detail, using technique and precision to hone a deeply satisfying yoga practice. The workshop is intended particularly for those that wish to catch up on the foundational knowledge that will prepare them for the 6 week courses on Tuesdays and Wednesday starting on October 23rd and 24th (Beginners 2 and Intermediate 2). We will cover in detail the standing postures, seated postures, foundational forward-bends, back-bends and inversions.

Students will be provided with handouts for home practise.

Date: Friday October 19th

Time: 7.00-9.00pm

Cost: £15

Bookings: www.ninaforbes.com/classes

Yoga Akasha

1st floor, The Old Mill, 45 London Road,
East Grinstead, West Sussex, RH19 1AW
www.yogaakasha.co.uk

