



Yoga in Nature

Llanarmon yn Ial, Denbighshire

Sunday 26th June 2022(10.00am to 5.00pm)



Yoga teaches us that life need not involve endless suffering. By the skilful use of Yoga exercises (asanas), breathing (pranayama) and relaxation and meditation we can begin to step away from pain and suffering.

This workshop will involve a morning asana practice, a short meditative walk and a late afternoon pranayama/meditation practice. We finish the day with a deep relaxation practice.

The workshop is led by Mike Cragg (BWY Dip, Yoga Alliance SYT, Outdoor Leader) and is open to all whatever ability level. A short walk is included in the day (weather permitting)

There will be a shared lunch during the break and tea and coffee throughout the day.

Cost—£45

Booking

01352 741147

info@yogapilatesflintshire.co.uk

www.yogapilatesflintshire.co.uk

