



# Yoga and the Immune System

**Cilcain Village Hall**  
**Sunday 12th May 2024**

Our bodies are under stress constantly and this Yoga workshop will explore the immune boosting properties of Yoga.

The day is taught by Mike Cragg, who has been teaching Yoga, Pilates and fitness for nearly 30 years and holds Level 5/Advanced level qualifications.

In the morning we will look at what immunity is, how it can decline with lifestyle and age and how we can fix things, especially through Yoga.

The morning Yoga session will focus on practices that help us control our metabolism and strengthen our bodies.

After lunch we will go for a short walk we will look at practical ways to boost immunity with everyday exercise and activity.

The afternoon session will be one of restorative postures, breathing and relaxation. How relaxing deeply and breathing correctly helps boost our immune system will be explained followed by a simple effective practice.

## **Cost**

£55 for the day

## **Booking**

01352 741147

[www.yogapilatesflintshire.co.uk](http://www.yogapilatesflintshire.co.uk)

[info@yogapilatesflintshire.co.uk](mailto:info@yogapilatesflintshire.co.uk)

