



Building Strength — Fixing Back, Knee and Hip Pain

Yoga and Sound Workshop

Sunday 22nd November 2026 (10am to 3.30pm)
Visitor Centre, Valley Works, Rhydymwyn

Do you have lower back, hip or knee pain? Would you like to become more mobile and increase your stamina and endurance?

During this day workshop you will learn about how and why things go wrong **AND what you can do to fix these issues with Yoga.**

The afternoon session will take us on a Sound meditation to help release emotional and physical tension, while restoring a greater sense of ease and wellbeing.

The day is taught by Mike Cragg and Rachel Jones. Mike has been teaching Yoga for over 30 years and Rachel is a qualified Sound Therapist.

FREE teas, coffees and cakes are provided at lunchtime.

Cost—£40 for the day

Booking

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