



AWY: 2019 Workshops

MAY: NEW MUM BODY/MIND REJUVENATION MINI WORKSHOP

What: Mini Workshop for New Mums, babies welcome too Tuesday 14th May (£12.00)
Expect: Back and hip pain from carrying/feeding? Long nights leaving you feeling zapped of energy? Then come along and learn some useful yogic techniques to release body tensions often experienced in those early months of becoming a mum.
When: Tuesday 14th May 10am-11am
Location: Tower House Hotel, Halifax (HX2 7EW)



MAY: DEEP DIVE – BACK

What: Deep Dive into the Back, Neck and Shoulders Wednesday 22nd May (£30.00)
Expect: Experience back pain? Here's an opportunity to deepen your practice and release that 'stuck' feeling, whilst freeing up the fascia for a healthy happy spine.
When: Wednesday 22nd May 7-9pm
Location: Tower House Hotel, Halifax (HX2 7EW)



JUNE: DEEP DIVE – YOGA FOR THE SENSES

What: Deep Dive into Yoga through the Senses Wed 26th June 2019 (£30.00)
Expect: An holistic Yoga Workshop, with a twist. Learn how to practice with all your senses. To truly feel/connect with your mind and body as you practice. A chocolate meditation to conclude.
When: Wednesday 26th June 7-9pm
Location: Tower House Hotel, Halifax (HX2 7EW)

