



Yoga Workshop

with Fabiano Culora
and Amanda Latchmore

Moving off the mat: a somatic approach to yoga

Venue: Well House Yoga Studio Cote Hill Road Felliscliffe HG3 2LN

21st June 2019 - 10.00am - 4.00pm

The day will include meditation, exploratory movement sequences and partner work leading to asana practice.

Amanda is a British Wheel trained teacher and Somatic Movement Educator with Advanced Teacher Training Certification from Donna Farhi and Erich Schiffmann

Fabiano is a Somatic Movement Therapist and Educator registered with Ismeta and he teaches a regular class at Yoga Kula, Leeds, which he titles Somatic Approach to Yoga

For bookings or more info contact: amanda@harrogateyoga.com or 07742 962057 www.harrogateyoga.com

To book: £55 (early bird offer before 24th May £50) Cheques payable to Amanda Latchmore.
Or contact Amanda for bank details if you'd prefer to pay by bank transfer

Name

Address

Telephone number..... Email address.....