



Class *Heaven and Earth*

At online

Dates Tuesdays: November 17th 24th December 1st 8th
NB on November 17th you will receive links to a pre-recorded video. On November 18th you will receive links for the subsequent live online classes

Time 6.30 – 7.30pm

Cost £40.00

Note If you're unable to attend a live online class, a recorded version will be available.

These classes are for people with some experience of yoga. The video sets out the theme – a somatic approach to yoga with focus on a healthy neck. The aim in the live online classes will be to explore the theme further. This will be to find a fluid connection between head, neck and spine; asana practice may then feel effortless and movement more pleasurable!

To view other new videos go to www.harrogateyoga.com/downloads

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Booking Form Heaven and Earth - Tuesday evenings

To book your place on this series of classes, please make a BACS payment of £40 and send an email to Amanda to confirm. To contact Amanda for bank details:

www.harrogateyoga.com/contact-harrogate-yoga/

If you're a new student, please send Amanda a health form and contact details:

Name.....

Address.....

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Tel no.....

email.....

How did you hear about the classes?.....