



**Class** *Heart and Soul*

**At** online

**Dates** Tuesdays: January 5<sup>th</sup> - 26<sup>th</sup>  
NB on January 5th you'll receive a link to a pre-recorded video, plus links to three 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.

This mini course is for people with some experience of yoga. The video sets out the theme – a focus on how our organs can be a source of support in asana. In the live online classes, we'll explore the theme further via visualisations and asana practice. We'll aim to bring more presence to our organs; more congruence between our actions, our feelings and emotions; plus a sense of buoyant support in asana practice, so that movement becomes more pleasurable!

**To view other new videos go to [www.harrogateyoga.com/downloads](http://www.harrogateyoga.com/downloads)**

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**Booking Form Heart and Soul - 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/](http://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 this mini course?.....