



Class *Heart and Soul*

At online

Dates Tuesdays: 27th April – May 18th
NB on 26th April 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 (or £30 if you already have the video)

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

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/

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?.....