



Class *Love the Lumbricals*

At online

Dates Tuesdays: 11th January – 8th February
NB on 11th January you'll receive a link to a pre-recorded video, plus links to four subsequent live online classes

Time 6.30 – 7.30pm

Cost £55.00

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 lumbrical movement can support your breath, increase your ability to ground with the earth and be present in the world. Via the video and the live online classes you'll learn how to optimise range of movement in your hands and feet, apply new found support from hands and feet to asana. And you'll find out what the lumbricals actually are!

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

Booking Form Love the Lumbricals - Tuesday evenings

To book your place on this series of classes, please make a BACS payment of £55 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?.....