

# **Nurturing Yoga Workshop**

**29 September 2024**

**09.30 - 12.30**

**Belmont House SK4 1TG**

**The transition from summer to autumn can sometimes leave us with a sense of loss**

**Let Harj and Lucy nurture your mind and body in a lovely half day workshop for £30 featuring:**

**Calming pranayama breathwork**

**Grounding yoga postures**

**Fun with facial yoga**

**Nourishing snacks**

**Deep yoga nidra relaxation**

**For further detail and booking see**

**<https://www.holistic-yoga-with-harj.co.uk>**

**or**

**<https://calmeryyoga.co.uk>**