



# Autumn Yoga Workshop

## at Brinscall Hall

Just as leaves gracefully fall from trees in autumn, letting go of their attachment to the branches, we too can release our worries and concerns through the practice of yoga. In shedding what no longer serves us, we make room for new growth and inner peace, mirroring the natural cycle of seasons seen in nature.



**31st August 2024 | 9:30am-12:30pm**

**Brinscall Hall, Chorley, PR6 8QL - [Book Online](#)**

**Calming pranayama breathwork | Grounding yoga postures  
Deep yoga nidra relaxation | Nourishing snacks**

Join me for a morning of slowing down and relaxing in the beautiful surroundings of Brinscall Hall, giving opportunity to release your attachments and making room for new growth and inner peace.

For more information visit the website or contact Harj directly - 07875 608 753.



Mandala Yoga Ashram  
**Trained Teacher**



[www.holisticogawithharj.co.uk](http://www.holisticogawithharj.co.uk)