

SUNDAY FEBRUARY 2ND 2025 9.30 - 12.30

WINTER WARMER YOGA WORKSHOP

WITH HARJ AND LUCY
BELMONT HOUSE, SK4 1TG

MELT AWAY YOUR WINTER BLUES WITH AN
UPLIFTING AND NURTURING MORNING OF YOGA,
BREATHWORK, MEDITATION AND DEEP RELAXATION.
£35

FOR FURTHER DETAIL AND BOOKINGS PLEASE SEE:



[HTTPS://WWW.HOLISTICYOGAWITHHARJ.CO.UK](https://www.holisticyogawithharj.co.uk)

[HTTPS://BOOKWHEN.COM/CALMER-YOGA-CO-UK](https://bookwhen.com/calmers-yoga-co-uk)