

# Course – Empowered Yoga

## Empowered Yoga

Booking CLOSED – Should you be interested in future presentations of this course please let me know

Explore a range of yoga practices, gain confidence, learn new practices not usually covered in class, and meet new people.

A free yoga course. You will do the yoga you have come to enjoy in the weekly classes. In addition you will gain a deeper understanding about yoga than we are able to cover in the weekly class. For those who are keen you will have the opportunity and guidance to create a personal practice (if you so wish).

The five 4 hour workshops will be held in Crewe @ 14:00 on the following selected days : –

- June 9th
- July 14th
- September 15th
- October 20th
- November 3rd