Leap into Spring

Yoga and meditation workshop

With Lindsey Magill and Carmel Power

A Sunday morning mini retreat for Spring

Blow away the winter cobwebs with bright transforming sequences to awaken and increase your energy this springtime.

Studio Kooks
Beckenham Place Park
24th March 2019
10:30-13:00
£30

- ✓ Reduce back pain
- ✓ Increase energy levels
- ✓ Control stress levels
- ✓ Feel emotionally balanced

Set in the picturesque Beckenham Place Park Mansion. Leave your stresses behind for a morning of yoga, meditation and relaxation. Meet like-minded people and go away with take home practices. Dru Yoga blends gentle flowing sequences to release tension with targeted posture work to increase muscle tone and powerful relaxations to destress the mind.

Lindsey and Carmel are experienced Dru Yoga teachers who focus on providing a serene experience uniting breath work and gentle movement to make you feel renewed and in tune with your body

Book Online: https://app.smoothbook.co/calendar/lindseymagillyoga

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