

AROMA BALANCE YOGA WORKSHOP WITH JOANNA NAJDUCH



SATURDAY 21st April 1.00pm-6.00pm
The Yoga Bank, Broseley House, Widnes Rd, Widnes, Cheshire WA8 6AH
£45 per person

As the earth begins to warm up after the coolness of Winter, come and celebrate Spring and your own transformational energy with Joanna in this special Aroma Balance Yoga Workshop!

We must first release to receive and make space for the new. Through Asana, Pranayama, Mudra and Mantra we will be balancing and regenerating the Somatic energy body as well as calming the mind. We will be calling upon the nourishing and healing aspects of Neal's Yard Remedies Essential Oils to enhance our experience, releasing stagnant energy, feelings or blockages.

With Joanna's knowledge of Aromatherapy, the combination of the oils and the yoga will provide a cathartic experience to create somatic and emotional balance.

Be prepared to plant your seed intentions and emerge renewed and refreshed and ready to embrace the Spring Season!

Joanna's wonderfully calming Yoga Nidra will end the workshop!

The workshop will flow like this:

1-2.30pm -Prana Flow Yoga

2.30-3.pm-Tea/Coffee Break with homemade Deliciously Ella Energy Balls!

3.00-4.30 pm - Aroma Balance Workshop where we will look and at and sample some amazing Neal's Yard Essential Oils and learn about their many uses and healing properties. You will then have the opportunity to mix your own personal Aroma Balance Essential Oil Blend to take away with you in little 50ml bottles!

4.30-6.00pm- Relaxing Restorative Yin Yoga and Yoga Nidra using your very own personal Aroma Blend applied to your feet and temples!

Please reserve your place early as numbers are limited! For bookings please contact:
Tel: 0151 257 8202 Mob: 07939 568999 info@theyogabank.co.uk
www.theyogabank.co.uk