

RADIANT HEART



A Prana Flow® Yoga Workshop with **Joanna Najduch**

SATURDAY 17th March 2018 2.00 -5.00pm

AT INHALE YOGA STUDIO

First Floor, Progress House, 17 Cecil Rd, Hale, Altrincham, Cheshire WA15 9NZ

£30 per person



Prana Vinyasa flowing sequences inspired by the teachings of Shiva Rea. Gentle back bends and heart opening postures to nourish the heart and lungs and leave you feeling refreshed and energised with a wide open heart using doTerra Essential oils to open up the pathways to the lungs and the heart. A nourishing and restoring Yin Heart Flow followed by relaxing Yoga Nidra to finish and set you up for your weekend!

WARNING: The eating of Chocolate will be involved! (Yum!)

Please reserve your place early as numbers are limited to just 20 spaces for this popular workshop!
For bookings please contact: joanna_naj@hotmail.com
Just 20 places available - NO REFUNDS.