



yoga for women
saturday
1st march
4pm - 6pm

beautiful practices for women's bodies
cycles, rhythms and stages of life

regular yoga has a positive impact on our health
and is not limited to the physical

from stress and burn out to
integration and wholeness
calm inner balance and love
some stillness

women may be noticing from their bodies changing
movement is limited stiff, sore or uncomfortable
poor sleep, gaining weight and varying mood and energy

yoga practice to heal harmonise and balance body mind
mobilising spine and joints, keep chi life force energy flowing
manage hormones and digestion
giving you physical vitality, mental clarity, and emotional resilience
asana pranayama meditation
everyone is welcome

