

Transitions

A Vinyasa Flow, Kundalini & Ayurveda Workshop

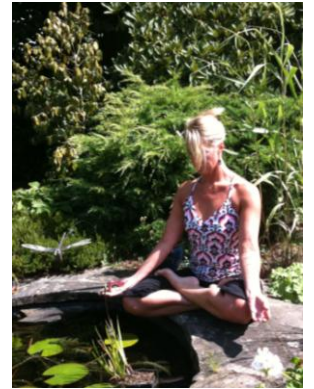


with

Nicole and Pascale

Saturday 3rd October 2009

10 am - 1 pm



Breathe Studios, Sherborne Place, Cheltenham GL52 2RS

www.breathestudios.co.uk

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As the warm, long and light days of summer start closing in on us and the days get shorter and darker, the temperature cooler, we find ourselves in "transition". This can lead us to feeling "out of sorts", unsettled and neither here, nor there. This is a very natural experience as we transition from the fire of pitta towards the cool of vata. Yoga and Ayurveda can teach you to work through this time - on and off the mat.

Nicole and Pascale will lead you through a morning of creative Vinyasa Flow, Music, Kundalini Yoga and Meditation, enriched with the ancient wisdom of Ayurveda, working with the physical, energetic and mental bodies to nourish the fire (pitta) and to cool and calm the vata (air), leaving you feeling uplifted, energised and balanced. - The morning will be rounded off with teas and biscuits. ☺

For all levels, beginners welcome.

3 hour workshop: £35

To register: Please contact Lillie at Breathe Studios.

Early booking is recommended as places are limited.