

# Yoga and Immunity

**Sunday 24<sup>th</sup> October 2021 (10am to 4pm)**

**YOGA HUB LIVERPOOL**

We are living in unprecedented times – the threat from Covid 19 has highlighted the importance of our immune system in keeping us healthy.

Indeed a healthy, functioning immune system determines our resilience to most major illnesses not just Covid. **The good news is we can do many things to enhance immunity.**

In this workshop we will explore -

- What the immune system is (western & eastern views)
- How it is linked to inflammation in the body
- Yoga, diet and lifestyle changes we can make to support immunity. **How to fine tune our Yoga practice.**

This workshop is taught by Senior Yoga Teacher Mike Cragg and includes both practice and theory.

Cost - £55 (promotions available)

***Details/booking***

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