

Living a Healthy Long Life with Yoga



**Burton Village Hall, Burton , South Wirral,
Cheshire (Sunday 3rd April 2022)**

We are living in unprecedented times, that are both challenging, worrying BUT which also offer us tremendous opportunities for change.

This day will look at simple highly effective ways to boost our immunity, heal old injuries and strengthen. The day will also emphasise the role of the mind in healing and health.

The day will include a morning Yoga workshop, a short walk and meditation in Burton Woods (weather permitting) and an afternoon Restorative Yoga session (including pranayama and sense control/pratyahara). We finish with Yoga Nidra/deep relaxation.

The course is lead by Mike Cragg (BWY Dip, Pilates Inst Cert. YA SYT and mountain guide/outdoor instructor).

Fees - £45

Booking/Enquiries

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