

FIND YOUR FLOW

Yoga Workshop med Lucy Marshall

Lörd. 16 november kl.09.30-11.30 på Ego City

*No experience
necessary, just
a willing to
learn. I hope
to see you on
the mat.
/ Lucy*

Following on from my last workshop 'Grow your Flow' which was all about technique this new workshop will help and encourage you to 'Find your Flow' between all the set postures. In these two hours we will work on technique but also to help you to find a creative way of moving whilst keeping that specific technique to help prevent injury.

This workshop is for EVERYONE, it doesn't matter if you didn't attend my last workshop nor does it matter if you haven't taken my class before. I have designed this workshop so you are able to find your own way of movement and be confident when transitioning through the postures with correct alignment but also a sense of freedom in your body. Helping you to understand a way of movement that feels great for your body and an easier way to find breath and awareness. Ultimately leading you to find your own unique flow and a greater feeling of enjoyment when taking a class.

*295 kr för Egomedlemmar, plus ett klipp för klippkorts kunder, övriga 450 kr.
Anmälan genom betalning i receptionen.*