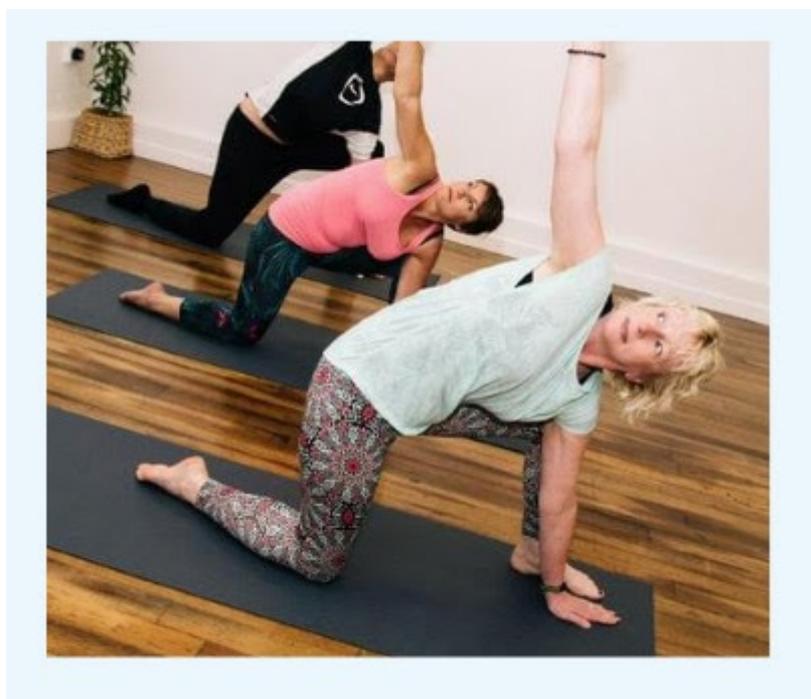




New Monday morning hatha yoga class with Eleanor





A heartfelt evening of song with Lily



A different way of seeing  
Half day workshop with Claire



Instruments of the Soul  
Full day workshop with Gillian



## Dates for your Diary

May:

**31 Tuesday** - Family Yoga with Helen Terry

June:

**04 Saturday** - An evening of heartfelt song, connection and original music  
by Lily Rose Moharrer

**12 Sunday** - Finding Freedom in Movement a journey to explore your body through SRT  
with Ro or Sophie

**12 Sunday** - Gong Relaxation Sound bath with Craig Eddington

**19 Sunday** - Different Ways of Seeing – A Journey Towards Inversions  
with Claire Hall

**26 Sunday** - Internal Organs of the Soul with Gillian Shippey

July:

**03 Sunday** - Yorkshire International Day of Yoga with Claire Hall and BWY teachers

**10 Sunday** - Finding Freedom in Movement a journey to explore your body through SRT  
with Ro or Sophie



**Lokah Samasta Sukhino Bhavantu - May all beings be happy and free.**

**Contact us**