



Introducing Om Socials...

...a series of fun activities to keep our community healthy, happy and connected whilst raising a few quid for our Om Foundation.

Om Yoga Works Foundation raises funds to offer free and subsidised classes from the studio and locally.



Teddy Bear's Yoga Picnic

Saturday 02 July - 3pm - 4.30pm



Diddy Oms joins forces with the wonderful AnnaFlowYoga to bring you a **FREE** afternoon of yoga flow for you and baby/kids yoga for your little ones (aged 12 weeks up)!!



Paddleboarding

Sunday 31 July and Sunday 04 September - 1pm - 4.30pm



An introduction to Paddleboarding and Paddleboard Yoga
at Ellerton Lake with SUP Active Yorkshire.
This session is only for Ommies and our friends.



Woodland Waddle

Sunday 11 August - 11am



Calling all waddlers! Join us for a gentle non-strenuous Sunday morning stroll at the beautiful Bramley Fall Woods.



Bingo For The People

Friday 14 October - 7pm - Old Woollen, Farsley



Join some of the Om teachers and students for a night of fun at The Old Woollen, Farsley



Do check out all the wonderful classes and other offerings at Om - Including...

June

26 Sunday - Internal Organs of the Soul with Gillian Shippey

July

02 Saturday - Om Socials Event - Teddy Bears Yoga Picnic with Helen and Anna

03 Sunday - Yorkshire International Day of Yoga with Claire Hall and Co

10 Sunday - Skinner Release Technique with Ro or Sophie

10 Sunday - The Art and Science of Balance with Anna
16 Saturday - Elemental Balance with Claire
24 Sunday - Sound Relaxation with Jan Maguire
29 Friday - Family Yoga with Helen
30 Saturday - Om Kirtan with Om Kirtan Wallahs
31 Sunday - Om Socials Event - Paddleboarding with Anji

We would like to take this opportunity to wish all of the Om walkers group the very best of luck this weekend 24-26 June for their 3 Peaks Challenge!

You can still donate by clicking **here**

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

