

Experience more at our workshops and events...

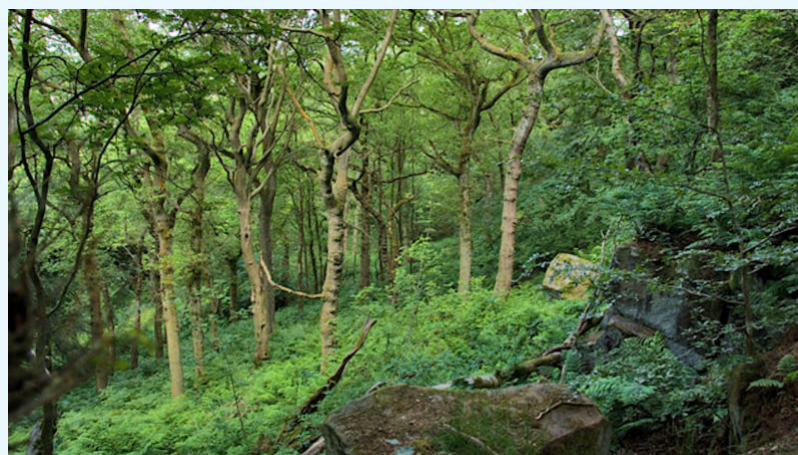
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Experience more with Om Yoga Works, we have a multitude of workshops, classes and events in the coming months. Something for everyone! Visit our website for further information.



Om Socials Event: Social Walk

Sunday 2nd October - 12noon with Andrea and Ommies

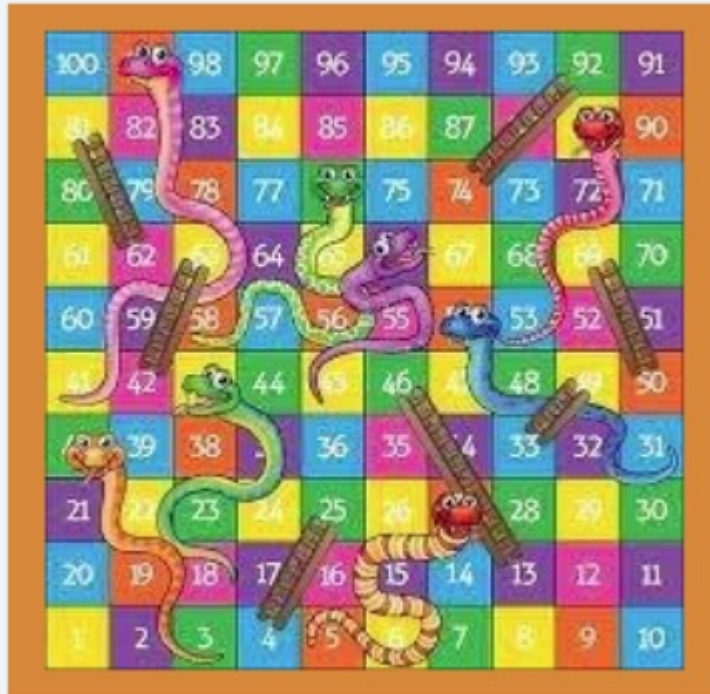


Join Andrea and your fellow Ommies for a walk and natter at Chevin Forest park. Meeting at 12noon for an approximate 2.5 hours walk. With optional coffee at Mistal Kitchen!



Snakes and Ladders

Sunday Workshops with Lesley Dike



The ups and downs of the human body - a workshop for yoga and movement teachers, as well as super keen students of yoga!

Travelling from the head to the toes, looking at where the human body gets into trouble in the 21st century.



Om Socials Event: Om Social Sing Fundraiser

Sunday 13th November 11.30am - 1.00pm with Lilly Rose
Moharrer



Come one come all come every soul, and sing to your hearts content! An afternoon of connecting to the heart space and freeing the voice through collaborative singing with Lily Rose Moharrer.



The Core and Pelvis

Saturday 19th November - 1.00pm - 3.00pm with Lauren

An introduction to a whole body approach to healing and strengthening the core and pelvis. The focus is on developing functional and efficient movement, starting on a journey to healing from the inside to the outside.



Overcoming life's challenges

Saturday 19th November - with Ian Young

An evening of learnings from somatic movement and tantra, with a mix of talk, somatic movement and tantra practices, Ian will be sharing his life story of overcoming disability from childhood arthritis.



Dates for your Diary

October:

02 Sunday - Om Socials Event: Social Walk with Andrea and Ommies

02 Sunday - F#!king Let Go! with Andrea

09 Sunday - Goddess Yin Retreat with Kirsty Elliot and Dani

16 Sunday - Somatic Movement with Ian Young

23 Sunday - Gong Relaxation with Craig Eddington

30 Sunday - Snakes and Ladders with Lesley Dike

November:

06 Sunday - All Things Om with Claire

13 Sunday - Om Socials Event: Om Social Sing Fundraiser With Lily Rose Moharrer

13 Sunday - F#!k Balance with Andrea

19 Sunday - Core and Pelvis with Lauren

19 November - Somatic workshop with Ian

26 Saturday - Om Kirtan

27 Sunday - Gong Relaxation with Craig Eddington

December:

03 Saturday - Om Socials Event: Om Shop and Pamper

04 Sunday - Snakes and Ladders with Lesley Dike

11 Sunday - F#!k That! An Honest Mandala Flow

18 Sunday - Gong Relaxation with Craig Eddington



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

Contact us

