



Can we Inspire you to improve your health, happiness and wellbeing?



## Physio Led Yoga with Louisa Holmes... Active Restorative Class

Mondays 1.30pm to 2.30pm at the Studio



This calming class combines various methods to bring you into the body, giving you awareness of how you move and breath, to help you heal and feel grounded.



## Om Social Sing with Lily Rose Moharrer

Sunday 17 September 12noon to 3.30pm



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.



## SUP Paddleboard Yoga with Katya Harrington

Sunday 24 September 10.30am



SUP Yoga? Yoga on a paddle board? Love to try the floating mat experience?

Enjoy yoga surrounded by nature?

Join us at Ellerton Lake with SUP Active Yorkshire.



## Somatic movement for flexibility and balance with Ian Young



In this workshop you will learn movements which will leave you feeling less stiff and which when practiced regularly can significantly help to address these conditions.



## Dates for your Diary

### September:

- 17 Sunday** - Om Social Sing with Lily Rose Moharrer
- 23 Saturday** - Song of the Heart at Trinity Church Hall
- 24 Sunday** - Gong Relaxation with Craig Eddington
- 30 Saturday** - Firewalk for Om Yoga Works Foundation

### October:

- 07 Saturday** - Somatic Movement for Flexibility with Ian Young
- 08 Sunday** - Om Kirtan
- 29 Sunday** - Gong Relaxation with Craig Eddington



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

**Contact us**

