



"Yoga is nothing to be serious about"
Swami Gitananda

Discover Inner Peace Meditation Course
with Angela Ripley

6 Week Course Starting 03 September - Tuesdays 5:10pm
- 5:45pm



It's time to prioritise your well-being and embark on a transformative journey into meditation.

These classes will run as 6 week courses, each course will focus on a particular meditation practice from Introductory mindfulness techniques to ancient practices from the Tantras and Buddhism.

Embodied Somatic Yoga with Rebecca Stevens

Starting 03 September - Tuesdays 7:40pm - 9:05pm



Somatic yoga focuses on the internal experience of yoga, so we have the opportunity to let go of what we think we 'should' do, and tune into what our body yearns for – comfort, ease, effortless effort and balance.

Pregnancy Yoga with Tessa Johnson-Jones

Starts Friday 19 September - 6:00pm - 7:00pm

Pregnancy Yoga



Your new favourite way to spend a Friday night!

Join a welcoming, relaxed and down to earth pregnancy yoga class and meet local mamas to be.
Absolute beginners very welcome.

NB: Ability Level: Pregnancy 12+ weeks

Hatha Flow Yoga with Andrea

Tuesdays 9.45am - 11.00am and Thursday - 6:00pm - 7:15pm



This class is designed to build strength, flexibility, and balance while calming the mind, optimising the breath and energising the body.

Dances of Universal Peace – Looking Towards the Equinox with Jilani and Salik

Saturday 14 September - 2:00pm - 5.00pm



Simple sacred chants and movements. Beautiful Live Music. Powerful breath practices, and sharing. Ritual and ceremony. The opportunity to meet ourselves and each other, fully embodied, in the heart-space of deep meditation and devotion.

Workshop Dates for your Diary

August:

10 Saturday - BWY Emergency First Aid Training

25 Sunday - Sound Relaxation with Jan McGuire

September:

08 Sunday - Om Kirtan

14 Saturday - Somatic Movement with Ian Young

14 Saturday - Dances of Universal Peace

22 Sunday - Gong Relaxation with Craig Eddington

October:

19 Saturday - Somatic Movement with Ian Young
27 Sunday - Gong Relaxation with Craig Eddington

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

Contact us



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Om Yoga Works
Springfield Commercial Centre, Unit 15D (First Floor)
Bagley Lane, Farsley, Leeds
West Yorkshire, LS28 5LY

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