

YOGA WORKSHOP

-YOGA FOR ALL-



Sunday 12th January 2014, 2.30-4.30pm

Amphitheatre, Carrickfergus, £10 per person

YOGA WITH A DIFFERENCE.... AND IT'S FUN!

Jo Wheeler at Yoga-Wheel is coming to Northern Ireland to host a workshop, which is just the thing if you want to go a little bit deeper in your yoga, take it to the next level, learn new techniques or want to improve your current practice. Or perhaps you're new to yoga and fancy trying something new...

In a unique flowing blend of various styles of yoga, you will learn how to stretch safely and effectively in an enjoyable, fun, relaxed and friendly environment whilst building your:

Strength - core - stamina - flexibility - balance

Music will be supporting your yoga adventure. All you need is a yoga mat, water, comfortable clothes, a smile and a sense of humor :)

For further details and to book, contact Jo at:

(payment is required upfront to guarantee you a place)



T 07775 568596 – E jo@yoga-wheel.com

www.yoga-wheel.com