



YOGA FOR WELLBEING



workshops with Olga Oakenfold

@ Natural Fitness Centre. The Redoubt, Royal Parade,
10-12.30pm, £25



10th November, Sunday. **All about balance.**

You don't have to stand on one leg. But can you? ;-) We will look at bringing balance into your yoga practice and wellbeing.

8th December, Sunday. **Good night sweetheart.**

Learn how yoga, meditation and a balanced diet can help you sleep better.

19th January 2014, Sunday. **Flexible hips.**

This workshop will focus on lower back, pelvis and hips.

Booking is essential.

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