

# YOGA

QUIET YOUR MIND, FREE YOUR BODY

## BEGINNERS WORKSHOP SERIES

21 October - 18 November 2020

If you are new to yoga and interested in a slower-paced practice as you move through the basics, this workshop series is for you. Yoga is more than just a physical practice, it is a wonderful way to become curious about yourself. An internally focused practice that asks you to dig deep in order to release emotional and mental blocks that limit your sense of wellbeing.

You will grow stronger  
as you learn how to  
deepen your breath  
and tap into your truth.

My intention is to build your confidence and awareness of the practice of yoga so that by the end of the series, you feel comfortable and empowered to attend regular classes.

### SERIES DETAILS

This workshop consists of five, 90 minute classes that will take place every Wednesday evening from 6pm-7:30pm.

Classes will take place in the Free Spirit Wellness Studio in Thornhill Estate, Modderfontein.

Over the course of the 5 weeks we will journey through yoga postures, breathing techniques and meditation.

### SCHEDULE

Week 1 Breathing, meditation and sun salutations  
Week 2 Lunges and warrior poses  
Week 3 Backbends and twists  
Week 4 Hips and Inversions  
Week 5 An introduction to the beauty of Yin Yoga



### REGISTRATION AND INVESTMENT

This series is limited to 6 students only, on a first come first serve basis.

Pre-registration and payment reserves your spot.

Price: R800

For further information please email Sophia on:  
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FREE SPIRIT  
*Wellness*