

Saturday Yoga Workshops

at the Manor House in Dawlish

10.00am – 12.30pm

£20 each or £75 for all four

23rd March 2024 – Blossom into Spring



We will work with foundational, movements, breathing techniques and meditations. Finding a felt sense of planting our bodies and creating strong roots (we can also plant seeds of intention for the year ahead). The aim is for you to leave the session feeling grounded and balanced but also with the potential to blossom and grow.

22nd June 2024 – Open into Summer

We will revisit the intentions that we set last time and/or create new ones. We will work with movements, breathwork and meditations that allow us to create space and light within. The aim is for you to leave the session feeling energised, recharged and rejuvenated.



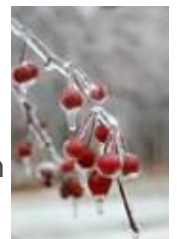
21st September 2024 – Let go into Autumn



In this workshop we will work with movements, breathing techniques and meditations that help to let go of tension in body and mind. Have our intentions come to fruition; can we find new ones or let old ones go? The aim is for you to leave the session feeling more free, released and relaxed.

21st December 2024 – Nourish into Winter

We will review our year and prepare for winter. Working with movements, breathing techniques and meditations that will support and nurture ourselves over winter when the days are colder and darker. The aim is for you to leave the session feeling calm, relaxed, and nourished.



The workshops will consist of a 90 minute practice, followed by a Q&A, sharing of resources and seasonal refreshments before finishing with a 30 minute Yoga Nidra (relaxation). Modifications will be given to ensure movements are accessible for all.

**To book please contact Lisa at lisayogaforall@gmail.com or on 07714 644468
www.lisa-yogaforall.com**