

into the CORE

**De-mystify and deepen your yoga practice
Strengthen and integrate your core
Make your yoga juicy!**

**An interactive YOGA workshop
Suitable for all levels of experience.**

Caroline Gill & Sarah Harlow combine their many years of practice and teaching experience to offer a contemporary look at the **FUN**damentals of yoga

10.00am - 3.30pm Sunday 10th March 2013
£50.00 (with some concessions available)



Venue: YOGASARA STUDIO
10-12 Picton St. Montpelier, BS2
www.yogasara.co.uk

Bookings:

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