

Self-Care Sundays Yin & Restorative Workshops



DATES & TIMES:

Sundays: 27 September, 25 October, 22 November, 13 December
13.00-15.00h

During these nurturing Sunday sessions we will use yin and long-held restorative poses, breath work and mindful meditation as an antidote to tension and stress.

We tune into our inner landscapes and replenish the well-spring of energy that is often blocked by stress and imbalance. Kim will guide you peacefully down the path towards relaxation, balance and peace.

Joining a session will:

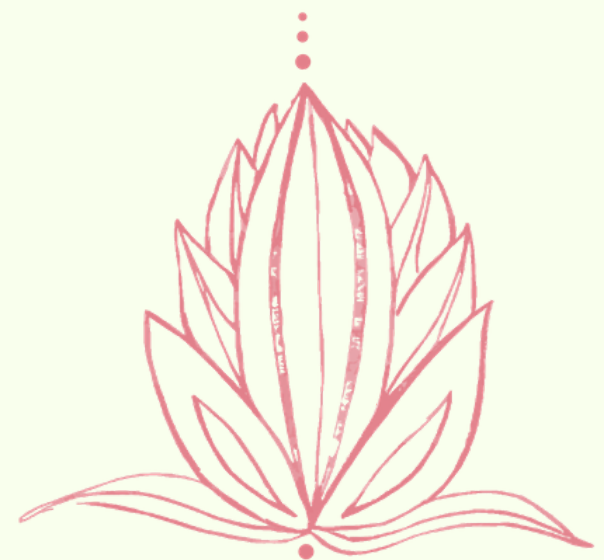
- allow you to experience that art of being rather than doing
- allow your nervous system to come out of a state of being on the "go" to a more resting mode
- allow more introspection and awareness on a physical, mental and energetic level
- benefit your immune function
- just makes you feel home in your body
- experience the benefits of true rest

INVESTMENT:

€30 a spot at the school (limited spaces)
€20 following online over zoom

REGISTRATION:

www.momoyoga.com/bhumiyoga/



BHUMI YOGA

Suitable & beneficial for all levels, also beginners.