

THE LETCHWORTH CENTRE FOR HEALTHY LIVING

Awakening Primordial Energy: Exploring the breath in Asana, Pranayama and Mantra

with Sarah O'Connor Senior BWY Teacher and Director of
MindFlowYoga Teacher Training





Saturday, 28 April 1.30-5pm

This short workshop will look at practices to release blocked energies in our body and mind. We will look at challenging our habits of mind and creating momentum for positive change.

Cost: £35 including refreshments

The Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth,
Hertfordshire SG6 3NA

Charity Registration No. 295219
Established 1984

Tel 01462 678804  

Website www.letchworthcentre.org

Email healthyliving@letchworthcentre.org

Opening hours Mondays to Fridays 09.00-20.30 Saturdays 09.00-15.30