

BACKBEND WORKSHOP
BRING YOURSELF BACK TO LIFE!
with Brendan Murphy

Saturday, 13 April 09:00-13:00



Are you suffering from backache? If the answer is yes this workshop could help you to strengthen your back and become more flexible...

The workshop will be hosted by Brendan Murphy – the Founder of Shanti Warrior Yoga. Brendan has been practising Yoga for over a decade – and prides himself on being able to teach people of all levels of ability, so that you can get back to feeling like you again.

Food and refreshments will be provided by Nourish Café

Cost: £50 per person

The Letchworth Centre for Healthy Living
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