

Fusion Yoga

Yoga Workshop with Sharon Price and David Hoyle



Imperial Rooms, Matlock
7th May 2016
10:00am – 1:00pm Price £20

We've combined forces once again to bring you this fusion yoga workshop. Working on combining our skills to offer you a blissful workshop to bring in touch with your body and mind

The first part of this workshop will look at how we can move with greater ease, both within our yogic practice and everyday activities. By doing this we can completely change the way we approach our movement. *The final section will cover some of the restorative poses with hands on assists from both of us.*

Contact Sharon to reserve your place on
01629 57896 or 07985 483090
Email: sharon@sharonprice.com

Sharon Price – British Wheel of Yoga Teacher, Senior Yoga Alliance professional and co-founder of Pure light Yoga School

Dave Hoyle - Thai Yoga Massage Therapist, Spatial Dynamics Teacher and Yoga Alliance trainee Teacher

To gain the full benefits of this practice you will need to bring with you:

- Yoga mat
- Yoga bolster
- Yoga belt
- Yoga blankets (at least two)
- Yoga block (at least two)
- Yoga brick x 2

Please let us know if you don't have any of the above and we will try to share out the equipment we have.

Contact Sharon for bank transfer details or send a cheque payable to 'Sharon Price' and return to:
2 Masson Terrace, Tansley, Derbys, DE4 5FH



Fusion Yoga - Yoga Workshop with Sharon

Name

Phone

Address

Email



www.purelightyogaschool.com

