

Yoga A-Zzz

Jayadhara (Jane Cluley)

1.30 – 5pm
Friday 26th June 2020

Husthwaite Village Hall, The Nookin, Husthwaite YO61 4PF

Mini workshop exploring Asana, Meditation, Mindfulness in the outdoors, Mantra and Yoga Nidra leading to the Zzz of silence.

Tutor: Jayadhara (Jane Cluley) began yoga at eighteen and has been teaching since 1988, she runs local classes, workshops, yoga holidays and tutors British Wheel of Yoga Foundation and Diploma courses. She has an interest in yoga for managing mental health, working with prana and yoga philosophy. She enjoys sharing her experience and helping others to flourish physically, mentally, emotionally and spiritually using the tools and techniques of yoga.



Enquiries and Booking

For further information, please contact Jayadhara (Jane Cluley). To secure your place, send Name, Address, Telephone with a cheque for £27 or email and payment by BACS to J Cluley Sort Code 09-01-27 account 38203361

Confirmation will be sent by e mail, unless an SAE is enclosed Please bring a contribution to a shared vegetarian lunch, a mug for personal use, drinks will be provided.

Moonrise, Low St, Husthwaite, York YO61 4QA
Tel: 07906 652669 e-mail: janecluley@tiscali.co.uk
www.yogandshiatsu.org.uk

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