



Yoga Workshop

## Skilful, Strengthening Steps to Twisted Triangle

with Zoe Knott

Zoe uses a staged approach, always 'working towards' the peak pose. We will explore familiar moves using strength to protect joints and allowing you and your students to be even safer during practice.

**23 October, 9.30am - 12.30pm**  
**via Zoom**

Zoe is a BWY Yoga Teacher Trainer and their training officer. She has over 30 years of practice with many different teachers. Cornerstones of her teaching are to analyse the components of asanas, progress in stages to the final posture, building strength and understanding at each stage.



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include your name & send £25 payment by  
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Confirmation & Zoom link will be sent by  
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