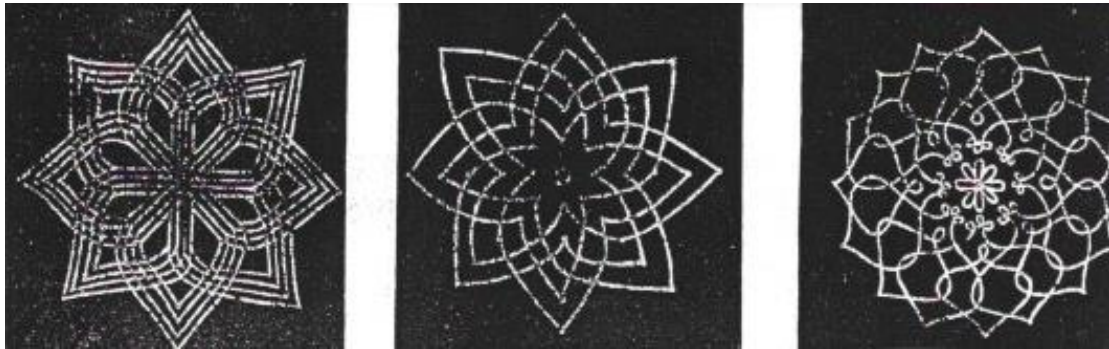


A Yoga Workshop on Inner Balance



Yoga Workshop with Elaine Ewens & Geoff Farrer

Sunday 16th Oct. and 15th Jan. 2017
From 10am to 4.30pm

At 39 Wine Street
Bradford on Avon BA15 1NS

The Gunas

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Three forces of nature, originating in Samkhya philosophy, which are present in all things. Their interplay affects the quality of our life. In this workshop we shall explore these strands or attributes and discover ways of bringing more lightness and balance to our practice and minds. The aim is a greater ability to move forward in life more harmoniously.

There will be plenty of yoga practice looking at the balance of firmness and ease within postures as well as space for discussion and questions.

Cost: £45 to include a light lunch, refreshments and handouts

To book a place, please contact Elaine: elaine_ewens@yahoo.co.uk or
Geoff: maxine.geoff@gmail.com [website: www.yoga_geofffarrer.com](http://www.yoga_geofffarrer.com)