



WEEKEND YOGA WORKSHOP

WITH JAMES BAHUTH

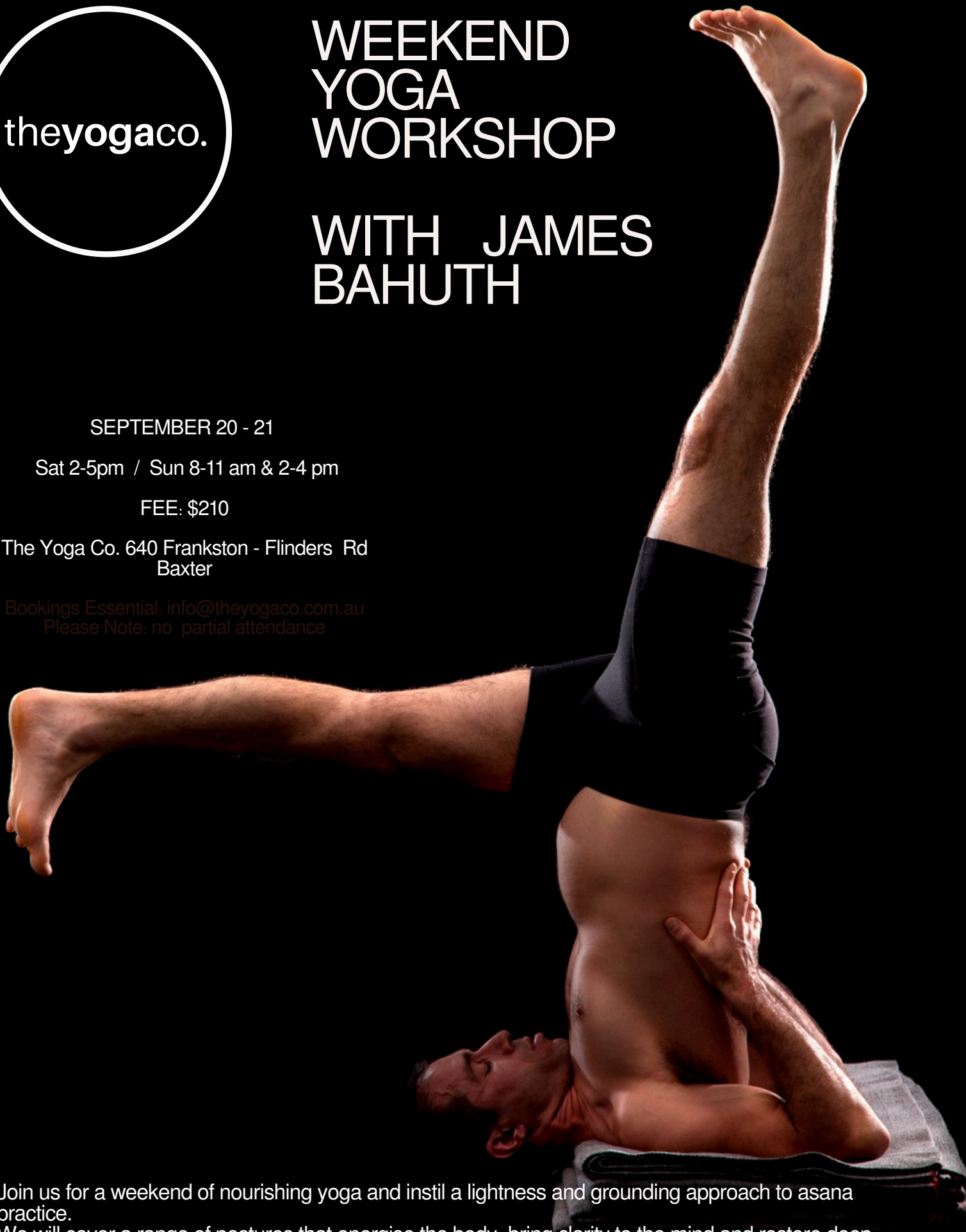
SEPTEMBER 20 - 21

Sat 2-5pm / Sun 8-11 am & 2-4 pm

FEE: \$210

The Yoga Co. 640 Frankston - Flinders Rd
Baxter

Bookings Essential: info@theyogaco.com.au
Please Note: no partial attendance



Join us for a weekend of nourishing yoga and instil a lightness and grounding approach to asana practice.

We will cover a range of postures that energise the body, bring clarity to the mind and restore deep relaxation.

Conducted over three sessions you will be guided by Senior Iyengar Yoga Teacher James Bahuth. The workshop is open to all those with at least 6 months experience.

About your Teacher: James has been teaching Iyengar Yoga for more than 30 years and is passionate about working with students.

