



## YOGA WORKSHOP with Tomoko Mori

- Stiff or supple, all are welcome!
- Without forcing, let stimulation penetrate in.
- We can experience wonderful deep stretching
- Enter from the body and go beyond it.

**Saturday 29 Dec 2018, 9:00 – 11:00am**  
**Watford Quaker Meeting House**  
**150 Church Road, Watford, WD17 4QB**



**Fee: £20** (Please contact Tomoko for concession)  
**Bring yoga mat, block, blanket, thin cushion & eye pillow.**  
If you don't have these, please tell Tomoko when you book.

### **Further Information & Booking:**

**Email- [tomokosyoga@hotmail.com](mailto:tomokosyoga@hotmail.com)**  
**Tel- 01442-260601 or 07788766612**

Tomoko's teacher was Master Masahiro Oki and she is a certified teacher of the British Wheel of Yoga. Her lessons are delivered with humour, fun and great clarity. For more information about her lessons and the organisation, please visit [www.okidoyoga.org.uk](http://www.okidoyoga.org.uk)

