



YOGA WORKSHOP

With Tomoko Mori

Saturday 7 July 2018, 9:00 – 11:00am
(Followed by 29 Sep, 3 Nov, ...)
Watford Quaker Meeting House
150 Church Road, Watford, WD17 4QB



- Still or supple, all are welcome!
- Harmonise breathing and movement.
- Without forcing, let stimulation penetrate in.
- We can experience wonderful deep stretching.
- Use yoga poses, and go beyond physical exercises.

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

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

