



YOGA WORKSHOP with Tomoko Mori

- Without forcing, let stimulation penetrate in.
- We can experience wonderful deep stretching.
- Enter from the body and go beyond it.
- Yoga is for 24 / 7 / 365(6). Hints are here!
- Stiff or supple, all are welcome!

Saturday 29 Sep 2018, 9:00 – 11:00am
Saturday 3 Nov 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
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

