

YOGAVENTS

Promoting Yoga Events throughout Essex

www.yogavents.co.uk
yogavents@googlemail.com

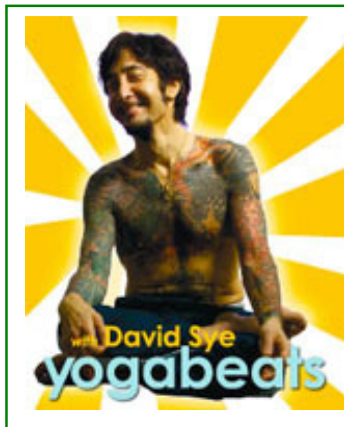
1-day workshop

at

**The Nightingale Centre
Pastoral Way, Warley, Brentwood, Essex, CM14 5WF.**

**Sunday, 28th March 2009
10 am to 4 pm**

Yogabeats™ with the inspirational David Sye



Yogabeats™ is yoga with a difference. The yoga is an eclectic mix of styles designed to accommodate all levels of fitness and ability. Rather than using fixed postures, **Yogabeats™** uses "micro-moves". These are continuous movements which do not lock off the muscles or disrupt the blood flow and increase flexibility. These micro-moves originated with David observing how children were unable to hold fixed static postures, the conundrum that became apparent was who in fact was the teacher, and at this point David began to adopt and implement the shifting movements within his own practice with startling results and benefits, which are now supported by physiotherapists and body workers.

*Cost: £40 for the day
which includes refreshments & light vegetarian lunch*

For further details and to book your place please email yogavents@googlemail.com
or telephone/text Leigh on 07723 321818 or Jenny on 07745 248961

Limited spaces - please book early to avoid disappointment