

SHAKTI!



SHANTI!

A CHAKRA OPENING YOGA WORKSHOP

WITH

JOANNA NAJDUCH

&

VANESSA MORTON



Sunday 1st July 9.00am - 2.15pm

At Butterfly Barn in Goudi - In Cyprus!

40 Euros per person - INCLUDING VEGGIE LUNCH!

Come and share yoga with Vanessa and Joanna at their popular Yin and Yang Chakra Opening Yoga Workshop! Be prepared to chant and practice with joy!

9.00 - 11.00 Vanessa will take you through a dynamic, Shakti yoga flow focusing on opening the 7 Chakras with Bija chants whilst in the postures. The practice will nourish and clear away blockages whilst also stimulating these subtle energy channels

11.00 - 11.15 Break

11.15 - 1.15 Joanna will lead you through a relaxing Shanti sequence of Yin Yoga which will focus on consolidating the Chakra Balancing in Vanessa's session and strengthening connective tissue in the joints, guiding you to achieve stillness in mind and body. Relaxing Yoga Nidra will complete the practice.

1.15 - 2.15 Lunch

Please reserve your place early as numbers are limited for this popular workshop!

For bookings please contact: Vanessa tel: (00357)99 289 134 email: info@vanessayoga.co.uk

www.joannayoga.com

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NB: Please bring water, a Yoga Mat and a cushion and blanket for the Yin session.