

'Exploring our Bandhas in yoga practise'

with Jane Manze

Saturday 18 November

2-5pm £28/£25 concession

A somatic movement exploration into a
Scaravelli inspired yoga practice

A somatic exploration of our diaphragms... our inner support, control and stability within asana and pranayama. Join Jane for an afternoon of Scaravelli inspired yoga practice and somatic movement.



Beginners to yoga, as well as those with
experience are welcome

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