

# YOGA WORKSHOP

WITH LEISA



## Awaken the Spine



SATURDAY

19 June

3-5.30pm

- Understand the importance of the spine
  - Improve core strength
  - Strengthen your back
- Explore the role of the spine in forward and backward extensions

\$55

Full amount due by Saturday 12 June

\$60 after 12 June



Please note:

Open to students beginner 2 and above

Fees are not refundable or transferable except in case of extreme health, work or family matters and if you notify the teacher at least 48 hours before the intensive.

[www.darwinyogospace.com](http://www.darwinyogospace.com)