



Warming Winter Yoga Workshop Primrose Hill

Saturday 19th November 4-6pm

Stretch and strengthen the body and centre and calm the mind before the Christmas season. A special flowing yoga practice followed by tea, delicious cakes and conversation.

All welcome except beginners. £22 if booked by 1 October (£25 after).



Caroline Shaw has practised yoga for 12 years and studied extensively with leading international teachers. She teaches a mindful flowing style that emphasises healthy alignment.

Primrose Hill Community Centre, 29 Hopkinsons Place, Fitzroy Rd
carolineshawyoga@gmail.com to book, www.carolineshawyoga.com