



Tuesday 8th May 2018

10am-3pm (healthy veggie lunch included)

Facilitators: Claire Amos and Ambi Ladanyi

The day workshop endeavours to support you in freeing and releasing inner hindrances by way of working physically (in yoga) and creatively (in art).

It is limited to 6 people and costs £50/person
(deposit required at booking).

Contact: claire@claireamos.co.uk

Wear loose clothing on the day and all materials/equipment are provided.

Location: Churchside, Crowborough