



Saturday 2 March 2019 with Caroline Lang at The Forge Yoga Centre in Totnes

Scaravelli yoga practice

The giving and receiving of 'hands-on'

Meditation through deep rest

A day of nourishing yoga practice including an exploration of how to use 'hands-on' to discover centeredness, grounding and relaxation through the body. Touch can be very profound, dissolving resistance and by-passing mental activity.

The Forge is a lovely quiet, dedicated practice space in Totnes. It has been running as a yoga centre since 1999. It is easy to find at the top of Totnes High Street. If you come by train, about 10 minutes walk from the station.

The day will start at 11am and finish around 5pm. Either bring your own lunch or there are many good places to eat nearby.

If you would like to join us email carolinelangyoga@yahoo.com and the payment of £50 will confirm your place.