

Yoga FOR SUCCESS



Location

East of England, Essex<https://www.freeadsz.co.uk/x-503174-z>

"If you learn to use this body as an instrument, it is the most fantastic and powerful instrument on the planet. Yoga is towards realising this." – Sadhguru How successful you are in life simply depends on how well you can use your mind and body. In an effort to bring the timeless benefits of Yoga to every human being, Isha will be offering a wave of free Yoga sessions on 11 March 2017 in Southend-on-Sea. The sessions will explore powerful tools to achieve optimal physical health and mental clarity, unveiling the possibility of life beyond stress. The workshops are open to all over 7 years of age and do not require any fitness level or previous exposure to yoga. Workshops are held for 1h 30min to allow interaction and the possibility to ask questions in the end. The practices taught can be done anywhere between 5 to 21 minutes. Ongoing online support will be made available after the session. Benefits Enhances vitality, focus, memory and productivity. Stabilises the body, mind and emotions. Strengthens and stabilizes the spine. Can relieve back pain, stress, anxiety and tension. Can relieve from chronic ailments and improves overall health. Enhances teamwork and communication. Imparts a lasting sense of joy, peace and fulfillment.

Location: Southend, St. Edmund's Hall, St. Edmund's Hall close, SS2 4AS

Date & Time: 11th of March 2017, 4:30-6:30pm

Registration: ishafreeoffering.com (+44) 7720318350Web site: ishafreeoffering.com

Email: click to

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