

# The Coddenham Centre

Sunday 21st December 15:15~16:45 hrs

## The Winter Solstice

Pause In the present moment for

Hatha, Yin Yoga & meditation with Jo



For this resting practice you will need to bring a yoga mat, pillow, blanket, also a bolster if you have one.

You can improvise by using a rolled up sleeping bag or blanket. It is advised not to eat 1-2 hours before practice

To book your space – my contact is 07508 154736

Or you can add your name to the register during regular weekly practice with me.

Please do send me a message if you have any questions

The price is £10 payment on the day, thank you so much.



Namaste