



Aspects of Yoga

A unique course with free electronic downloads of lesson plans
Trestle Arts Base
Russet Drive, St Albans AL4 0JQ, St Albans

****Next course starts January 2019****
LIMITED SPACES -BOOK EARLY

Geoff McCann has been practicing yoga for over 35 years, he is a highly experienced and sought after yoga teacher. His classes are always popular and fun. Due to demand Geoff will be running another of his unique **Aspects of Yoga** courses which ***include free electronic downloads*** of the lesson plans. The yoga space has a beautiful vaulted ceiling and large windows and is ideal for yoga practice. Time: Fridays 10am-11am

Class numbers are limited so early booking before 30th November is advised. This course will run over 10 weeks and the cost is £160 for new students* (£25 discount for those re-booking).
(***SPECIAL OFFER** - £10 discount for newbies if paid by 30th November)

Dates: **t.b.a.**

Numbers are strictly limited which makes it ideal for beginners or those at a more advanced level looking to improve technique.

Information

Please bring a **yoga mat** if you have one – although spares are available. See my web site for info and Trestle for directions (www.trestle.org.uk)

Contact Geoff to book

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