

CPD Workshop

Teaching and practising safe and comfortable forward bends

- Do you find practising forward bends sometimes leaves you with an aching back?
- Do your students find the joy in forward bends?
- Would you like to enhance your experience of teaching and practising this highly beneficial group of asana?

If you answered yes to any of the above questions then this is the workshop for you!

During the session we will be exploring why it is that forward bending can be uncomfortable, who shouldn't be practising and what modifications we can offer, and why it's worth working with forward bends. We'll look at some of the basic anatomy around forward bends, how we can make them more accessible and safe and comfortable for all to practice.

By the end of this interactive and practical workshop, you will be much more confident about teaching safe and comfortable forward bends, with an understanding of some of the underpinning knowledge that will enhance everyone's experience of these asana.

WHEN Saturday February 25th, 9.15am – 1.15pm

WHERE Inside Out Studio, Top Floor, The Acanthus Golf Centre, Thorpe Lane,
Thorpe WF3 1SL

TUTOR Isabel Carter

PRICE £40

Please bring your yoga mat, blanket, strap, cushion / block, notepad and pen. Drinks and light refreshments provided.

To book your place please contact Isabel on 07951 691302 or isabel@yogainsideout.co.uk. Booking is essential as places are limited and only payment secures a place. Refunds will only be given where 24 hour notice has been given.