

SHARON'S

Inside out practice YOGA CLASS

MAY 12TH - 11AM - €10 - SHAMBALA HOLISTIC CENTRE



Sharon Brennan - McGovern hosts a one off MIND-BODY practice.

Quite often in Yoga we look at the body in terms of isolated moving parts, instead of taking the body as a whole unit, by its very name yoga means union to unit or to yoke. This particular practice we will be looking at ourselves from the inside out. Paying particular attention to sensation and focusing on what's going on beneath the outer shell.



Book your mat today!

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