

Harbour House Kingsbridge

3 Hour Workshop with Sophie Darling and Ina Dittfurth

Yoga to Maintain a Healthy Back

£25

Sunday 19th November, 10am -1pm, Tapas Studio (2nd floor)

Research suggests that a carefully adapted set of yoga poses reduces the risk of pain in the spine and improves body function. Practicing yoga improves the quality of life, reduces stress, lowers heart rate and blood pressure. It relieves anxiety and depression; it is also known to help with insomnia and improve overall physical fitness, strength and flexibility.



We will be practicing proven yoga sequences & poses to include breathwork and mindfulness.

Suitable for complete beginners and the more experienced.

Sophie is a certified Hatha Yoga Teacher and a trained dancer.

Ina is a certified Yoga Teacher, teaching Holistic Yoga and Vinyasa Krama.

She also works for the NHS as a Senior Physiotherapist.

Advanced booking is essential as spaces are limited (max 10).

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