

To Subscribe to my Newsletter Please Email a Request to:

info@marilynyoga.com

I promise that your email address will not be used for any other purpose, and neither sold or given to any other person or company.



**Just a Quick (and Short) One
– Don't Miss Early March Specials –**

Facing Up to Backs

– a beautiful Back-Care Maintenance Course –

Our exceptional back care course takes us into the understanding of the 'Whats and Whys' of back pain.

With recordings to help you sustain your practise for a life-long healthy back.

When you lapse in your practise and your back starts talking to you, just pop on the recording and ...

Whooppee!

You will be there...

...'**BACK**' On track again.

We all have backs, and often we have back issues.

It is the most common reason for time off work.

If this applies to you,

Come along.

The course has many benefits that only start with learning how to assess and deal with back pain.

It offers a 'Maintenance Programme' that will provide you with an invaluable, on-going method of maintaining a strong and healthy

back.

This really is one not to be missed.

Please note also:

If you want to discuss your back problem you can contact me by email or phone anytime.

The Course is just FOUR, weekly, One and a quarter Hour classes.

Friday evenings in March.

Dates are:

All Fridays in March – 5th 12th 19th 26th

7pm till 8.15pm

Cost £50.00.

To **Get Places** on all **NEW COURSES** as well as **Regular Weekly Classes** – **BOOK HERE**

And for you weekenders:

The Super-Sunday Weekend Workshop

– A workshop to get us really into the groove –

We are going to clear out the old physical and mental junk.

We will clear a path to new mental approaches and new physical routines that will allow us to feel

Unlimited and Boundless.

By using all our Yoga tools:

Mudras, Meditation, Wonderful Spring Yoga Flows, and Breathing Techniques for vital energy.

We will be ready to rock!

...How good will we feel?

We Will Feel Grrrrrrreat!

Sunday 7th March

10.30 am till 12.30pm

Cost: £15.00

To **Get Places** on all **NEW COURSES** as well as **Regular Weekly Classes** – **BOOK HERE**

*You can either book now using the above links,
or a little later, in the normal way,
through the website homepage at:
www.marilynyoga.com*

Wishing you much love, health and laughter
(that's always the best medicine)
And I will see you there in the Zoom Room
– Marilyn

I really want to make marilynnyoga.com...

...More Than Just a Yoga Class

See Website: www.marilynyoga.com

Or contact me for a chat: info@marilynyoga.com

If you no longer wish to receive emails from me, please reply with:

NO LONGER REQUIRED

in the subject bar