

# YOGA WORKSHOP WITH GILL RUSSEL & CHRIS RICHLEY

## FREEDOM TO BREATHE

12<sup>th</sup> October 2019 1.30-5.00

**The Dance Studio, Henley-in-Arden School**

Stratford Road, Henley-in-Arden, Warwickshire B95 6AF

Cost £35

Gentle yoga & somatic practices to gain/maintain free movement of the breath.

Experience the connection between the 4 diaphragms of the body & their role in initiating & responding to the movement of breath

Gain greater understanding of the anatomy of respiration

Consider how the 3 reflexes integral to Hanna Somatics, Red, Green & Trauma may affect the quality of your breath.



Two teachers with nearly 40 years of yoga teaching experience Gill has run 2 teacher training courses for the British Wheel of Yoga as well as being a qualified yoga therapist with The Yoga Biomedical Trust. Chris gained her yoga training with Inner Healing.

Gill & Chris are both qualified somatic movement exercise coaches (SMEC)

Cheques payable to G Russel, 1 Manor Drive, Morton Bagot, Studley Works B80 7ED

Or message me for bank details [grussel9@icloud.com](mailto:grussel9@icloud.com)

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