

# Yoga for the Distracted Mind

WITH GILL RUSSEL

+ gongbath with PAUL COOPER

28<sup>th</sup> March 2020 1.30-4.30

The Dance Studio, Henley-in-Arden School

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

Cost £25

*We will explore a gentle yoga practice interwoven with meditation , pranayama & sound helping to bring our minds into the present moment. There'll be a short break half way through for refreshments. The session will conclude with the gongbath.*



**Suitable for students who have been practising for a minimum of 1 year**

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)

text or phone: 07973575597

[www.yogill.com](http://www.yogill.com)    facebook: [gill russel gentle yoga & somatic exercise coach](#)

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 & a qualified somatic exercise coach (SEC)