

SOURCE YOGA PRESENTS:

Starting and Sustaining a Home Practice With Sian Davies-Vollum

Date: Saturday,

January 31st

Time: 1:30-4:30pm

Cost: \$35

Source Yoga

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Would you like to take the benefits of your yoga class home with you? This workshop offers practical advice on starting and sustaining a home yoga practice. We'll explore the elements of a home practice, consider how to develop a practice that is right for you, and look at strategies that get you started and keep you motivated. We'll also work through two sample practices that you can use at home and tailor to fit your needs. Handouts will be provided so you can take the workshop home with you, and there will be plenty of time for questions.

Sian Davies-Vollum loves to share her passion for yoga; her classes guide participants in a flowing, inclusive style of yoga that emphasizes the union of breath and movement whilst building body awareness in a safe and supportive environment.



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