

immune boosting yoga

MASTERCALSS WITH MITCH YOGA

Sunday 5th February 2012, 10-11.30am

Central Winchester

Cost: £15



Prepare your immune system and enjoy optimum health this winter and beyond

While we all are bound to suffer from the occasional cold or flu, those who practice yoga are less likely to come down with the sniffles, and when he or she does, tend to have a much faster recovery rate.

This is true because of yoga's known abilities to regulate the immune system; keeping it strong and healthy to withstand infections and yoga's ability to boost immune function with specific yogic practices.

This unique workshop is designed to stimulate the immune system for year-round wellness. Learn a specialised series of yoga postures to boost your immune system.

Join Mitch and feel wonderful!

For further information or to book please contact Mitch



Yoga Alliance

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