

# Spring is in the Air, Let's Get Fit

## MASTERCALSS WITH MITCH YOGA

Sunday 4<sup>th</sup> March 2012, 10am-12pm

Central Winchester

Cost: £15



### Shed Your Winter Coat and Stretch into Spring

Enjoy, flow and breathe... a Spring yoga session celebrating the longer days, brightness and the change from winter to summer.

As nature moves out of the cold, wet, dark winter toward spring, the earth warms and blossoms open, reaching for the sun. Nature makes it look easy, but for us humans it's not as easy to transition gracefully from one season to the next - especially from winter to spring. More often we find ourselves feeling heavy and sluggish.

Shed your winter coat through a restorative sequence of yoga postures to stay grounded and stable as we start to let go of the dullness and darkness of winter and surrender to the now of spring - detoxifying and eliminating negative habits, thoughts and emotional baggage. We will use breathing techniques to increase 'Prana' to energise the body, enabling us to shift any dullness or heaviness that may be following us from winter.

Feel prepared and supported to enter the spring by detoxing, eliminating and rejuvenating through yoga with Mitch.

**Join Mitch and feel wonderful!**



Yoga Alliance

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