

yoga workshop: in the company of women



with master teacher
Nicky Knoff

BOOKINGS ESSENTIAL
COST \$195

Saturday 14th November
9am - 3:30pm
(Break 11:30am - 1pm)

In this workshop, you will learn how to use the tools of **Knoff Yoga** – postures, breathing and meditation – to help you joyfully embrace being a woman. All students will receive extensive notes to support their education and on-going practice. Students from all levels and styles of yoga are warmly welcomed.

Topics covered:

- Befriending your body
- Honouring your menstrual cycle
- Supporting your immune system
- Coming into fullness – pregnancy
- Caring for your back
- Relieving headaches
- Working with depression
- Easing into menopause
- Relieving Osteoporosis
- Aging gracefully

Wainui Surf Club
Wainui Beach, Gisborne
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Pre registration and payment are required to secure your place