



Elevate Yoga Scotland hosts

winter yoga workshops

A series of soothing yoga workshops for winter that will include aromatherapy, gentle yoga postures, a short meditation and deep relaxation. Held in the heated conservatory space with a view of the changing seasons, yoga mats, cushions and blankets will be provided.

10-11.30am, Glendoick Garden Centre, PH2 7NS

Friday 8th Nov, Friday 22nd Nov,
Friday 6th Dec, Friday 20th Dec.

£9 per workshop . £30 for any x 4 . £15 for any x 2

Please email Frances at elevateyogascotland@gmail.com to book