



Finding Our Centre

A Yoga workshop

Sunday 7th September, 2025, 2-5pm,

Sir Thomas Storey Room, Victoria Institute, Caton

In this workshop, we will work to bring balance, space and support to our centre, exploring how this affects breath and movement. We will learn how to appropriately use powerful ancient practices, Bandhas, that generate energy through the centre of the body. There will be an opportunity for deep relaxation, and following a break, sound work (mantra) and meditation.

The cost for the workshop is £25 (student discount available) and includes refreshments.

Please contact Dina for further information or to book a place
(dina@spaceplaceyoga.co.uk; mob 07816545491;
www.spaceplaceyoga.co.uk)

Dina Lew gained her British Wheel of Yoga teacher Diploma in 2009, and completed the BWY Pranayama Self-Development module with Philip Xerri in 2010. She has taught classes, workshops and residential courses.