



Where the Rivers Meet

A Yoga workshop

Sunday 6th September, 2026, 2-5pm,

Sir Thomas Storey Room, Victoria Institute, Caton

In this workshop, we will explore how we can balance left and right sides of the body, using subtle awareness, honouring differences, through slow, flowing practices. For yogis, the spine represented the hidden river of wisdom (Saraswati), uniting left, lunar energies (the Ganga river) and right, solar energies (the Yamuna river). We will access our inner river of peace through pranayama (breath), 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

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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.