



Yoga Foundations Workshop ~finding firmness & ease

with Cameron Coutts

Sunday 28 June 2015

Join Momentum's new senior yoga teacher Cameron Coutts. Having taught 1500+ classes over 11 years, Cameron has an interesting perspective on Yoga and life. He will share in the joys of Yoga in all its different twists and turns – from his extensive travels, spending time in India and living in ashrams – and the benefits of understanding fully what Yoga is really about.

Come and experience Cameron's take on the Art of Yoga, with a fun mix of freestyle hatha and vinyasa in this special 2 hour workshop.

- Learn about being 'grounded' in your practice.
- Easy techniques for combining the art of 'firmness and ease'.
- Look at how to use Yoga in your day to day life.
- Discover what Yoga means for you?
- Explore ways to develop a regular practice.
- Take away tools to feel amazing!

Date: Sunday 28 June 2015
Time: 10.30 am – 12.30 pm
Cost: \$45

Places are limited to 20 students, allocated on a first-in basis.
Bookings are essential.