

Art and Yoga

Sun, 31st Mar 2019, 2pm-3.30pm
tea and discussion afterwards, £20



**AWOL Studios
Olga's Art Club
Hope Mill
113 Pollard Street
Ancoats
Manchester
M4 7JA**

New project: combined workshop between
yoga teacher **Julia DoctorYoga** and art teacher **Olga Gerke**

Julia will use yoga practice, chakra meditation and singing bowl sound vibration to let go all the blockages and tension and connect to your spiritual creative side. **Olga** will teach you a few basic watercolour-drawing techniques. Theme of the drawing will be the Tree of Life

Complete beginners in arts and yoga welcome!

TO BOOK YOUR PLACE PLEASE CONTACT JULIA ON **07838681736**

doctoryoga.co.uk

