



## Unique Workshops at BoCo

Astanga Yoga

Introduction  
to the Chakras

**When?** May 18<sup>th</sup> 2-5pm

**Where?** BoCo

**What?** The Eight Limbs of Patanjali's Yoga. Āsana and Prāṇāyāma are but two of the eight limbs of yoga. Join me to discover the other six in this workshop, looking at both theory and practice.

**When?** June 22<sup>nd</sup> 2-5pm

**Where?** BoCo

**What?** So much is said about the cakra-s! This workshop will be a very practical session looking a little more deeply at what the cakra-s are and how we can work with them.

£40 pp per session

Please book at BoCo Reception or call 020 8399 3930

For more information contact Bea at [bea@justbe.com](mailto:bea@justbe.com)

(07767795396) or visit [www.justbe-yoga](http://www.justbe-yoga)