

Lorca Yoga term 3 2021

Big Sea, Little Sea.



A Winter series of sessions, exploring depth, the space in between
& a welcoming of Spring

WEEK 1: exploration

WEEK 2: water element

WEEK 3: inner resources

WEEK 4: circulation

WEEK 5: unhurried

WEEK 6: mind space

WEEK 7: observation in stillness

WEEK 8: renaissance

WEEK 9: flowers

WEEK 10: opening

