

CPD Workshop

Dru Yoga to balance the Auto Immune System

- Are you or any of your students living with auto immune disorders?
- Do you understand what's happening physically and emotionally to the body when we have auto immune responses?
- Would you like to learn how to use your Dru Yoga to manage auto immune disorders?

Auto immune diseases are on the rise with allopathic medicine currently not able to offer much in the way of treatment. Join me for an afternoon exploring this 21st century, as I share with you some of what I have learned on my auto immune journey.

During the session we will be discussing the why, what and how of auto immune diseases. We'll look at some of the theory and physiology so that you can better understand the immune response, and we'll be practising yoga and pranayama to balance the auto immune system. I'll also be sharing plenty of other tips and techniques that I know work, because I have used them and healed myself of a serious auto immune disease, much to the amazement of my consultant.

By the end of this interactive and practical workshop, you will be more confident about teaching students with auto immune diseases, with an understanding of some of the underpinning knowledge surrounding these debilitating conditions.

WHEN Saturday March 24th, 1 – 5pm

WHERE Inside Out Studio, Top Floor, The Acanthus Golf Centre, Thorpe Lane, Thorpe WF3 1SL

TUTOR Isabel Carter

PRICE £40

Please bring your yoga mat, blanket, strap, cushion / block, notepad and pen. Drinks and light refreshments provided.

To book your place please contact Isabel on 07951 691302 or isabel@yogainsideout.co.uk. Booking is essential as places are limited and only payment secures a place. Refunds will only be given where 24 hour notice has been given.