



DR. MED. VALERIE
ARROWSMITH

Integrative Yoga with Fiona

**A specialised 6-week yoga program
focusing on back stability through:**

- understanding the very basics of back anatomy
- conscious relaxation and why it is important
- specific breathing practice to encourage full body breathing
- learning specific movements that develop strength and stability
- knowing you have the skills to help yourself

My aim in this integrative yoga practice is to support you in arriving in your body through your breath, empowering you to help yourself when symptoms arise. You will learn to meet yourself where you are, physically, mentally and emotionally.

Details:

Course dates: 11. November - 16. December 2020

Price: €140,00 * (in-person, limited to 5 people)

Time: 11:00 - 12:00 Uhr

Location: Praxis Dr. Valerie Arrowsmith, Rüngsdorfer Str. 2d.,
53173, Bonn Bad Godesberg

* Included in the course:

- The option to attend the course in person or online,
or a combination
- Course notes