

YOGA FORE GOLFERS

Six Week Course

Starting Tuesday 30th April 2.00pm

**With Charlotte Plowright &
PGA Golf Professional Martin Heggie**

£75.00

Golf Specific Yoga poses and a personal warm up

Programme which will lead to:

Increased flexibility - Improved strength - More endurance

Better mobility - Increased stability

Better balance - Improved focus

More Distance & Lower Scores

This course is perfect for anybody that has never done yoga before, or for beginning yoga students.

Places are limited to 12 people to book

Email: info@shadwellstudio.co.uk



SHADWELL STUDIO

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