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**YOGA & CYCLE CONFIDENCE WORKSHOP**

**Saturday 14th March | 11.00-13.00 | £25 pp**

**Join Laurie Cunningham and Amy O’Loughlin at the Estuary Clinic Topsham, for a supportive workshop that blends Mindful Yoga designed to prepare the body and mind for cycling followed by cycle tutorage in and around Topsham. This will include cycle confidence coaching aimed at those wanting to enjoy cycling proficiently on gentle rides.**

**If you feel unsteady on the shared paths, unsure of your place on the road and want to feel more confident and comfortable on your bike then this is the workshop for you.**

**For More Information Contact: Laurie Cunningham | yogessencelife@yahoo.co.uk**

Spaces are limited so to secure your spot book online www.lauriecunningham.co.uk

