Enjoy 25% off my in-person/online workshops at Meadowlark Yoga through 2021:

* The Apana Connection (revising our understanding of “core”) 2-4pm on Sunday, 08/08/2021 - discount applies to both the in-studio & online versions
* Subtle Body: a very special tandem workshop with Joanne Avison live in-person and online, together in Edinburgh for the first time on 07/11/2021
* Anatomy of Pregnancy and Birth, 2-4pm on Sunday 05/12-2021

Visit this link for all booking: <https://clients.mindbodyonline.com/classic/ws?studioid=10792&stype=-112&sView=day&sLoc=0&sTrn=100000001>

Use this code: KirknessAutumnWorkshops

See you then! x