

PAPAKURA YOGA CENTRE

Papakura Yoga Studio invites you to join us for a Workshop with Kate Montgomery: Kinstretch and Yoga teacher extraordinaire.



When: Sunday 30th May

Where: Papakura Yoga Studio

Time: 2 - 5.30pm (2 hr Kinstretch ; 1/2 hr break; 1 hr Yoga Class)

Fee \$85.00

To book a place go to: www.papakurayoga.co.nz/whats-on

Or Juliet on 0275296168

What is Kinstretch: Kinstretch is a movement practice that helps improve Range of Motion in all the Joints of the Body - slowly and safely - restoring optimum function in each Joint from Head to Toe.

In this workshop Kate will take us through a Joint by Joint assessment using dynamic stretching and strengthening movements which will help create a greater sense of Ease of Movement throughout the Whole Body.

Kate is a registered Flow Yoga Teacher and a Kinstretch Instructor. She is also a certified Personal Trainer and a Meditation Teacher. She brings all her knowledge and experience together in this unique and wonderful Workshop.

Come and join us at Papakura Yoga Studio for an afternoon of Delight.

Warm drinks will be provided in the break time.

