

Yoga Therapy CPD Pranayama Workshop for Respiratory Disease

An informative and practical CPD Yoga Therapy Workshop
focused on teaching pranayama for respiratory diseases
including asthma, COPD & COVID-19.



Sunday 13th February 2022
2pm-4:30pm

Down to Earth
Tufnell Park, London

with

Alexa Kho-Hinkson
Ambika Yoga



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For further details please visit www.ambikayoga.co.uk

Pranayama is a powerful tool in our yoga practice to restore balance and equilibrium in the body, and mind. Growing scientific research is supporting the view that yogic pranayama can be practiced to manage conditions such as asthma, COPD and further aid in the recovery of COVID-19 infection.

Offering the latest research and knowledge in respiratory diseases and yoga therapy within this workshop, you will gain CPD points from Yoga Alliance Professionals to add to your hours in 2022.

This CPD workshop will be led by Alexa Kho-Hinkson Founder and Senior Yoga Trainer of Ambika Yoga specialising in Yoga Therapy, and working 1-1 with clients for over thirteen years in London, and worldwide. Alexa has gained recognition for her work from the NHS, Om Yoga & Lifestyle Magazine, Natural Health Magazine and is an Ambassador for M Life, an Eco and Social Conscious brand.

**Suitable for all yoga trainees, yoga teachers
and health professionals.**

Pricing: £55.

**Payments can be made by Swipe, PayPal
or Direct Internet Bank Transfer
(contact Alexa).**



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