



Not forgetting our regular weekly classes, here's what's on at The Rocci Tree in March...



Tai Chi yoga flow and sound healing with Tibetan bowls

Sunday 2nd March, 9.30 am - 11.00 am

Intro to Yoga Course

Thursday 5th, 12th, 19th & 26th March, 7.30 pm - 9.30 pm

Manipura or Solar Plexus Chakra workshop with Rocci

Sunday 8th March, 9.30 am - 12.30 pm

NEW - Acroyoga taster session with Rosie

Sunday 8th March, 11.30 am - 12.15 pm

Wellwoman Course with Rocci

Thursdays 12th, 19th & 26th March, 7.00 pm - 9.00 pm

Led full Ashtanga Vinyasa Yoga Class: Primary Series with Modifications with Natasha

Saturday 21st March 10.00 am - 12.45 pm

Family Yoga - Mothers Day Special, Bring your Mum for FREE!

Sunday 22nd March 10.00 am - 11.15 am

Anahata or Heart Chakra workshop with Elisa -

Sunday 29th March 9.30 am - 12.30 pm

For more information on all our regular classes, or details on how to book your place please visit our website



www.theroccitree.co.uk



**Contact Rocci
07790 986190**

**admin@therocci
tree.co.uk**

March 2020



**All Workshops held at
The Forster Institute
1A Waterloo Road
Leighton Buzzard
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