

Saturday Yoga Workshops

at the Manor House in Dawlish 10.00am – 12.30pm

£20 each or £75 for all four

According to Ayurveda (the sister science to yoga) everything in nature is influenced by three primary energy patterns called doshas. In the workshops there will be yoga practices that bring the doshas into balance with the seasons and you can discover your own unique elemental make-up and dosha type.



1st March 2025 – Opening to Light, Warmth and Space

A practice for Spring that focuses on balancing our Kapha Dosha which is made up of the Earth and Water Element. There will be poses, sequences, breathwork and meditation that help create a sense of space as we unfurl and stretch and shrug off the heaviness, coldness and lethargy of winter.

7th June 2025 – Cool, Calm and Collected

A practice for Summer that focuses on balancing our Pitta Dosha which is made up of the Fire Element. There will be soothing poses, sequences, breathwork and meditation to regulate temperature and digestion and help bring about a sense of coolness, collectedness and calm.

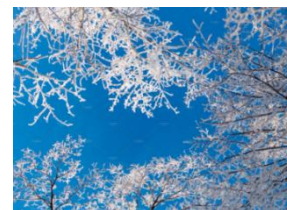


13th September 2025 – Grounding and Stability

A practice for Autumn that focuses on balancing our Vata Dosha which is made up of the Air and Space Elements. There will be poses, sequences, breathwork and meditation to bring grounding and help to create stability.

6th December 2025 – Deep Rest and Self-Care

A practice for Winter that focuses on balancing our Vata and Kapha Doshas which are made up of the Air and Water Elements. There will be poses, sequences, breathwork and meditation that are restorative and help promote deep rest and self-care.



There will be a break for refreshments, an opportunity to ask questions and handouts about the doshas. Please bring a blanket for the extended relaxation.

Booking is essential, please contact Lisa at lisayogaforall@gmail.com
or on 07714 644468
www.lisa-yogaforall.com