

Esoteric Yoga & Connective Tissue Movement

Six Week Online
Body Awareness
Programs



“ The quality of our movements can assist in easing deep old tensions that we have come to accept as normal. Supporting us to reconnect with the joy and appreciation of being in our body. ”



Lisa
Hansberry



Kate
Greenaway

Esoteric Yoga is the Yoga of Stillness. The energetic pulse of the connective tissue is harmony.

In these programs we bring stillness and harmony into our movements, enabling us to become aware of tensions, and reconnect to the natural lightness and joy of being in our body.

With more awareness we can begin to understand the connection between the quality of our movements and our well-being.

**Six week online programs -
Weekly 1.15hr sessions**

With Kate Greenaway:
Esoteric Connective
Tissue Therapist and
Physiotherapist
and Lisa Hansberry:
Esoteric Yoga Presenter
and Esoteric Practitioner.

**For more information or to join the program:
Visit www.esotericyoga.online/ey-ctm
Contact Lisa at yogawithmovement@gmail.com**