

# Yoga with Grace

Guys get on board, Grace know her yoga and her husband Ben is a great guy/referee/player.

Do you want to improve your flexibility and agility when playing touch football?

Reduce your risk of injury and discover stretches to help relieve any muscle tightness or aches and pains.

This workshop will lead you through a sequence of poses specifically designed for men, allowing you to work at your own pace and level.

And ladies, if you're reading, think of your partner, brother, father, friend... and grab them a ticket to this yoga workshop especially designed for men...

Also, because you're reading this here, get your 20% discount with the code YOGA20 when booking your ticket.

All details here:

<https://www.eventbrite.com/e/yoga-for-men-2-hour-workshop-to-help-you-get-yoga-fit--tickets-46557457609>

Any questions?

Email Grace at [info@yogawithgrace.com.au](mailto:info@yogawithgrace.com.au)