

FEEL GOOD YOGA DAY

EXPLORE AND ENJOY ALL ASPECTS OF YOGA

MIND | BODY

SOUL | SPIRIT



Venue: Stonehouse Court Hotel - Sandford Suite

Date: 13.10.2019 **Time:** 10.00 am to 16.00pm **Cost:** £55 including lunch

We start our morning with a beautiful Vinyasa flow, followed by exploring some Yoga poses "Asanas" to increase your knowledge and to fully comprehend the health benefits on body, mind and soul.

Our afternoon continues with mindfulness practice to experience stillness and oneness. This will be followed by Pranayama - breathing techniques to increase your energy levels. Throughout the day we will listen to participant's personal requirement and create a day tailored to suit the group energy. The day will be finished with a gentle Yin - Yoga flow to balance our chakra's.

There are only 12 spaces available for this Yoga day so booking is essential to secure a place.

Please fill out form below and pay a deposit of £30 (rest on day) or full amount £55 to Sonja Fletcher-Barnes via bank transfer.

Sort code: 20-33-83 **Account Number:** 80712620



Name:

Deposit: Cash Bank Transfer

Address:

Food: Vegetarian (specify allergies)

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Phone:

Signed: **Date:**