



Spring Yoga Workshop In North Wales Saturday 28th and Sunday 29th April 2012

Welcome in Spring with 2 linked days of Yoga, meditation and relaxation in the beautiful Clwydian hills at Cilcain.

Mike Cragg and Angela Walker (BWY Diploma and Yoga Alliance ERYT) will be leading an experiential workshops in Yoga, pranayama, meditation and relaxation. There will also be guest teacher giving a meditation session and talk on Yogic philosophy.

Participants can also choose to join the free guided walks on the Saturday and Sunday.

Saturday

10am - 1pm

Workshop

1pm - 2pm

Shared lunch

2pm - 5pm

Guided walk and coffee shop

5pm - 6.30pm

Meditation and philosophy

Sunday

10am - 1pm

Workshop

1pm - 2pm

Shared lunch

2pm - 5pm

Guided walk - Moel Arthur

5pm - 6pm

Guided relaxation

Cost

£30 per day OR £55 for both days

(if space allows individual workshops may be booked - please enquire)

Booking

01744 609 058

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www.yoga-liverpool.co.uk

**Discounted nearby hotel accommodation
available for those wishing to stay
Saturday night - please enquire!**

