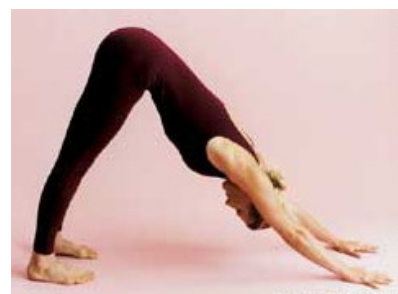


Autumn Yoga Workshop In North Wales Saturday 8th and Sunday 9th September 2012

Autumn is a time of transformation - preparation for winter and the new beginnings of spring that follow. Our 2 linked days of Yoga, meditation and relaxation in the beautiful Clwydian hills in Cilcain allow us to align ourselves with nature through the practice of Yoga.

Mike Cragg and Angela Walker (BWY Diploma and Yoga Alliance ERYT) will be leading the main sessions. There will also be guest teacher giving sessions on pranayama (breath practice), Ayurveda (Yogic science of health) and Yoga detox techniques (kriya practice).



Guided walks are offered on the Saturday and Sunday.

Saturday

10am - 1pm

1pm - 2pm

2pm - 5pm

5pm - 6.30pm

Workshop

Shared lunch

Guided walk and coffee shop

Pranayama and Ayurveda talk

Sunday

10am - 1pm

1pm - 2pm

2pm - 5pm

5pm - 6pm

Workshop

Shared lunch

Guided walk - Moel Famau

Yoga detox talk followed by relaxation

Cost

£30 per day OR £55 for both days

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

Booking

01744 609 058

mike.cragg@yoga-liverpool.co.uk

www.yoga-liverpool.co.uk

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

