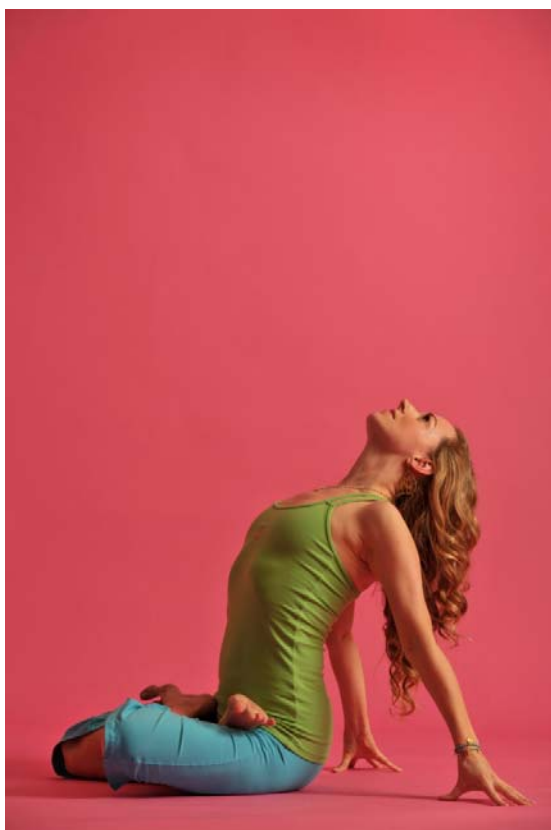


SPICE UP YOUR LIFE!

with

Claire Missingham

A refreshing, heartwarming and cinnamon spiced vinyasa flow workshop for new inspiration...!



ON SATURDAY 29th September 2012 12.30pm – 6.00pm

AT DAVID LLOYD HEALTH CLUB, BARTON EMBANKMENT, TRAFFORD, MANCHESTER, M17 8RH

£54 per person

*** INCLUDING A DELICIOUS YOGI LUNCH OF SWEET POTATO THAI GREEN CURRY, RICE, SALAD, AND A HERBAL TEA!***

Claire Missingham has been travelling around the world and brings back to the UK the best of vinyasa yoga inspiration from India, USA, Bali and New Zealand. This workshop will give you some fresh ideas on practicing vinyasa with devotion, laughter and the finger on the universal pulse of yoga.

We will practice precise alignment, dancing with the flow of breath, how to build a more spiritual sense into a dynamic physical practice and also hand balancing, some great sequences and insight into the world of yoga.

Come with an open mind hungry for new ideas! Suitable for all except complete beginners.

FIRST SESSION: 12.30pm - 2.45pm BREAK: 2.45pm - 4.00pm SECOND SESSION: 4.00pm - 6.00pm

Please reserve your place early as numbers are limited for this popular workshop!

Contact Joanna to book your place! joanna_naj@hotmail.com www.yogawithjoanna.com