



# DAVID SYE

## YOGABEATS

## WORKSHOP

On **SATURDAY 17<sup>th</sup> November 2012** 12.30pm – 7.00pm

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

**£56 per person**

**\*\*\*INCLUDING A DELICIOUS YOGI LUNCH OF  
AUTUMN VEGETABLE TAGINE, COUSCOUS, RICE, SALAD,  
HUMMUS, PITTA BREAD AND A HERBAL TEA!\*\*\***

I am truly thrilled to be able to welcome David Sye to Manchester for this AMAZING Yogabeats Workshop! You will be inspired, motivated, uplifted, emotional, joyous and filled with gratitude for your healthy body and the blessings of your LIFE!

The Yogabeats Experience is a full day experiential journey into the depths of one's own core being and Spirit, through a Celebratory and Joyful environment of Yoga Moves and Music Grooves. This workshop is open to all levels from Beginner to Advanced!

12.30pm - 3.00pm (first session)

3.00 - 4.15pm - Lunch

4.15 - 7.00pm (second session)

Over 5 hours of Inspiring Yoga - and believe me you will be left wanting more! His workshops usually sell out super fast - and I have limited places!

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

For bookings please contact Joanna

[joanna\\_naj@hotmail.com](mailto:joanna_naj@hotmail.com)

[www.yogawithjoanna.com](http://www.yogawithjoanna.com)

To reserve your place please make cheques payable to Joanna Najdudch and send to:  
Higher Green Farm, Bradley Fold Rd, Ainsworth, Bolton, BL2 5QN