



RADIANT HEART FIRE!

A YIN AND YANG YOGA WORKSHOP& LUNCH!

WITH

GRANVILLE COUSINS

&

JOANNA NAJDUCH



ON SATURDAY 11TH FEBRUARY 2012 12.30pm – 6.00pm

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

During this workshop which is suitable for all levels you will experience a gradual progression of re-igniting your radiant heart fire within.

12-30 - 2.30pm - Granville will lead you through his vibrant YogAsana Flow connecting to your inner radiance with Heart opening poses, warming twists and strengthening standing poses.

2.30 -3.45pm – Lunch Break

3.45pm -6.00pm - Joanna will help you ride the wave within...deepening the flow with Yin postures to help you strengthen your radiant heart fire in a restorative way. Relaxing, blissful Yoga Nidra will close the practice!

**2 Yoga Teachers ! 2 Different yet Complimentary Styles of Yoga!
Over 40 years of teaching experience in 1 DAY! Over 4 hours of Yoga!**

£40 per person

*******SPECIAL PRICE for David Lloyd Members***** ONLY £36 per person!**

A delicious Yogi Lunch is included!

**Penne Pasta with Roasted Mediterranean Vegetables and Mozzarella Cheese
With Mixed Salad and Garlic Bread..... and a Herbal Tea!**

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

NB: Please bring a Yoga Mat and a cushion and blanket for the Yin session.