

SHAKTI - SHANTI!



A CHAKRA BALANCING

YOGA WORKSHOP



WITH LIVE INDIAN SITAR MUSIC BY THE MUSICIAN **ROOH!**

JOANNA NAJDUCH



& VANESSA MORTON



SATURDAY 26th JUNE 2010 - 1.00pm - 6.00pm £35 per person

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

Vanessa Morton is back from Cyprus! For 1 Workshop Only!

[Come and practice with Vanessa and Joanna](#)

[at this Yin and Yang Chakra Balancing Yoga Workshop with live Indian music!!](#)

- 1.00 - 3.00** Accompanied by Rooh, Vanessa will take you through a dynamic, Shakti yoga flow focusing on the 7 Chakras with Bija chants whilst in the postures. The practice will nourish and clear away blockages & stimulate these subtle energy channels.
- 3.00 - 4.00** Break - Bring a drink and a very light snack - Café will be open too!
- 4.00 - 6.00** Joanna will lead you through a relaxing Shanti sequence of Yin Yoga which will focus on consolidating the Chakra Balancing in Vanessa's session and strengthening connective tissue in the joints, guiding you to achieve stillness in mind and body. Relaxing Yoga Nidra will complete the practice.

[Please reserve your place early as numbers are limited for this popular workshop!](#)

For bookings please contact: Joanna 07766 405 555 www.yogawithjoanna.com

To reserve your place please make cheques payable to Joanna Najduch and send to:

Higher Green Farm, Bradley Fold Rd, Ainsworth, Bolton, BL2 5QN

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