

# SPRING FEVER!

Come and Spring Clean your Body, Mind & Soul!

A YIN AND YANG YOGA WORKSHOP

WITH

GRANVILLE COUSINS

&

JOANNA NAJDUCH



ON SATURDAY 13<sup>TH</sup> MARCH 12.30pm - 5.30pm

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

£35 per person

**12.30 - 2.30** Granville will lead you through an expressive Yang practice with standing postures to open the spine, hips and shoulders, and twists, bringing greater mobility to these areas of the body creating freedom and spaciousness.

**2.30 - 3.30** Break

**3.30 - 5.30** Joanna will offer you a deeper Yin practice for the Liver and Gall Bladder which will help you to ride the wave inwards in a relaxing yet energizing way.  
Healing Yoga Nidra will complete the practice....

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

For bookings please contact: Granville 07970 983 958 [www.yogawithgranville.com](http://www.yogawithgranville.com)

Joanna 07766 405 555 [www.yogawithjoanna.com](http://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 (some mats are available) and a cushion and blanket for the Yin session.**