

'YOGALIBRE'

A CREATIVE YOGA WORKSHOP

WITH **LIZ LARK**

AT DAVID LLOYD HEALTH CLUB,
BARTON EMBANKMENT,
TRAFFORD, MANCHESTER M17 8RH
ON SATURDAY 20TH FEB 2010

12-30pm – 5.30pm

£50 PER PERSON

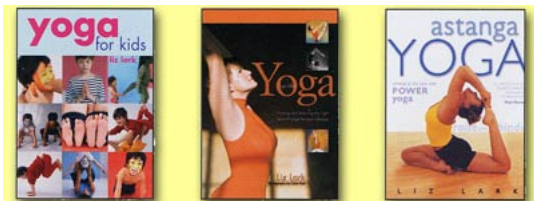
Don't miss this chance to practice with one of the UK's top Yoga Teachers!

Liz's passion for Yoga developed in 1990, studying as a teacher with the British Wheel of Yoga (1992), and exploring Astanga Vinyasa Yoga, a dynamic style which led her to India and Crete through the 1990's. Originally trained as an Artist, Liz has BA and MA degrees in 3D Design & Performing Arts, with a central theme of The Body. A Board Member for The Life Centre's Teachers Training Course, Liz is involved in training safe, competent, creative yoga teachers committed to maintaining a high calibre of yoga teaching in the UK and beyond – www.yogacampus.co.uk

Liz is a member of Yoga Alliance USA & British Wheel of Yoga. She has written several books, which include stunning photography by Clare Park, and inspiring drawings.



Strengthen, Align, Relax & Liberate Body & Mind



- 12.30pm - 2.30pm - A dynamic flow yoga practice with grounding, focus and a strong emphasis on twists leading to peak balance poses.
- 2.30pm – 3.30pm - Break
- 3.30pm – 5.30pm - A creative slow vinyasa flow, deconstructing poses into safe steps, for all to find their safe edge in the poses. Guided Yoga Nidra – deep relaxation will close the session....

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 (some mats are available) and a blanket for the Yoga Nidra