



# Yoga Workshop

## Developing Your Yoga

Saturday 25<sup>th</sup> June 2009

1 - 4 pm

£20

At Lifestyle Fitness, Connah's Quay, North Wales

Come along for an afternoon of Developing Your Yoga with Lisa from LC Yoga. Finding a practice which you can take home with you and transfer into your daily life. During our session we will practice Yoga Asana (Postures), Pranayama (Breathing) and Nidra (Deep Relaxation).

Please Send Your Booking Form To -  
LC Yoga  
Wayside Cottage  
Newmarket Road  
Dyserth  
LL18 6BS

An afternoon workshop designed to develop your strength, increase your flexibility and encourage you to relax.

For Further Information Contact - Lisa C Foden BAHons  
[www.LCYoga.co.uk](http://www.LCYoga.co.uk) or email [Lisa@LCYoga.co.uk](mailto:Lisa@LCYoga.co.uk)  
*Peace of Mind With L C Yoga*



### Workshop Booking Form

Date of Event Booking \_\_\_\_\_

Please Make Cheques Payable To -

Name \_\_\_\_\_

“Lisa C Foden”

Email \_\_\_\_\_

Address \_\_\_\_\_

Cost: £20

Telephone \_\_\_\_\_

Cash Value Enclosed \_\_\_\_\_

Cheque Value Enclosed \_\_\_\_\_

Deposits are non refundable unless your place can be filled.  
Full T&Cs available upon request.