

Reduce Your Carbon Footprint & Walk the Yoga Way

28th – 30th Nov 2008

With Lisa C Foden

British Wheel of Yoga Instructor

YOGA RETREAT - In the Beautiful Retreat Centre of Trigonos, Snowdonia, North Wales

Join me on this weekend of Yoga designed to reduce your carbon footprint and Give Something Back to the Universe that surrounds you, with a Yogic Approach to the Christmas Season.

At our weekend retreat we will practice and develop Your Yoga Asana (Postures), Pranayama (Breathing Exercises) & Meditation with Lisa. Along with a Yogic Approach to Life and The Christmas Season, with Green Crafts, and a look at Giving something Back with our Green Consultant Dawn Beech.



Lisa Foden, from North Wales, specialising in Hatha Yoga and Relaxation combining techniques and influences from traditional Hatha Yoga, BKS Iyengar, Yin Yoga, Meditation and various relaxation techniques acquired from her personal practice - developing an individual and enjoyable teaching style. Uniting the process movement with breath, emphasising sensation, and holding the asana (postures) to provide a deep joyous Sadana (Practice).

Suitable for All Levels of Yoga Experience

Cost for the weekend including all yoga tuition, food, refreshments & accommodation
£235.00 per person.

Accommodation is in within the retreat centre with a combination of room types – En-suite & Shared Facilities. There is a single room supplement of £25 per person.

To Secure Your Place Please Send an Accommodation Deposit Cheque of £65.00 made payable to

Lisa C Foden. Please Send Deposits As Soon As Possible as Places are Limited, Please note that Accommodation deposits are non-refundable unless your place can be filled.

**** Balance Payment Due Before 1st Oct 08 ****

Should you have any questions please do feel free to contact Lisa on

Lisa@LCYoga.co.uk

or 07939 828 941 or 01745 57 11 30 or LCYoga.co.uk

Dawn Beech has been practicing yoga for 16 years and has been working as an environment protection expert for over six years. Dawn would like to invite you to learn more about protecting our environment through simple everyday actions. By increasing awareness of our surroundings we not only deepen our understanding of ourselves, but also our ability to tune into, and protect the world around us.

Peace of Mind With LCYoga



Lisa C Foden BAHons
LCYoga

Wayside Cottage. Newmarket Road. Dyserth. LL18 6BS



Booking Form - Yoga Retreat, Trigonos 28-30 Nov 2008

Name _____ Address _____

Telephone _____

Email _____

Special Dietary Requirements _____

Room Requests (If Available) _____

Deposit £65.00

Balance £170.00 Plus Single Supp (If App)