

A Weekend of Yoga
With
SOPHY HOARE in Aberdeenshire

September 25TH /26TH 2010
10.30am -4.30pm

Two days of yoga in a small group,
time and space for individual interaction and
attention,

'The morning will consist of a yoga class for two and a half hours. After the lunch break we will have two hours at our disposal to explore whatever the students are interested in or would like help with. Immediately after lunch is a time for questions and discussion on any aspect of yoga (including philosophy), and this may lead into more practice, for example breathing exercises, aspects of teaching, help with particular poses, etc.'

Light refreshments provided

£120 for full payment by 1st July.

£135 for full payment thereafter.

£80 per day with preference to weekend bookings.

£60 deposit essential to ensure a place

Some accommodation available and space for tents.

EARLY BOOKING RECOMMENDED.

to book and for enquiries please contact :

Lucy Aykroyd, Ford of Clatt, Clatt, By Huntly. Aberdeenshire. AB54 4PJ
01464 831115 or email: me@lucyaykroyd.co.uk www.lucyaykroyd.co.uk