

YOGA DANCE



with

Melanie Willsher
&
Michelle Cheesbrough



Aylsham Yoga Studio

20 Shepherds Close, Aylsham Business Estate, Norwich NR11 6SZ

Saturday 25th June 2016 - 10:00 to 16:00

Cost £45

(bring a savoury vegetarian dish to share for lunch)

Michelle and Melanie are offering a day to harmonise your internal rhythms .

A graceful, elegant yoga dance which captures the spirit of the postures and gives expression to them. The flow of the dance balances the energy within.

The day will include a breath meditation, yoga dance, and will end with a nourishing deep relaxation called yoga nidra.

Please send completed booking form and payment in full to Melanie Willsher at
20 Shepherds Close, Aylsham Business Estate, Norwich, NR11 6SZ

Cheques made payable to M Willsher. Bank transfer details on request.

Name

Address

Phone

Email

see: www.melaniewillsheryoga.com & www.yoga-glow-studio.com