



Merry Christmas

Yoga by Candle Light

with Julia Kurkina

SUITABLE FOR ALL LEVELS
£10 in advance, or £15 on the day

Friday 19th Dec 2014, 19:00–20:30
Village Hotels Warrington (WA1 1QA)

1. **Pranayama** (breathing session)
2. **Moon Salutation** (Chandra Namaskar) is a soothing series of poses designed to calm the mind and relax the body, and especially effective when practiced in the evening
3. **Candle Meditation** (Trataka)
4. **Yoga Nidra** (long deep guided relaxation)

Please bring with you blanket and cushion for relaxation

PLEASE CONTACT JULIA ON 07838681736

