

# Moon Salutation



Fri, 17<sup>th</sup> Mar 2017, 7.30–9pm, £15

**VILLAGE HOTEL WARRINGTON**  
**WA1 1QA, Free Car Park**

**RELAXING PRACTICE**  
**SUITABLE FOR ALL LEVELS**

**Soft Yoga practice** to strengthen the body and relax the mind

- Elevates your energy
- Improves blood circulation and rejuvenates your whole body
- Helps to release tension and stress
- Improves your sleep

**Singing Bowl Meditation** to focus and relax your mind

**Yoga Nidra** (long guided relaxation) to connect to your spiritual side

Music, candle light and aroma enhance the experience

Please bring cushion, blanket, and eye pillow (or small towel to fold) for relaxation

**TO BOOK YOUR PLACE PLEASE CONTACT JULIA ON **07838681736****

[doctoryoga.co.uk](http://doctoryoga.co.uk)

