



Day of Ashtanga Vinyasa and Sivananda Yoga

With

Tony Wilmot and Sue Turner
11.30am – 4.30pm

Saturday 8th October 2011

Develop a healthy, toned, flexible body through the classical yoga postures
and sequences of Ashtanga Vinyasa and Sivananda Yoga

Calm the mind with Pranayama

Relax and recharge body and mind with deep relaxation

Find the still point within with meditation

**Holiday Inn Birmingham M6 Jct. 7, Chapel Lane,
Great Barr, Birmingham, B43 7BG**

Cost £25

Book early to avoid disappointment

Bring a light packed lunch. Hot drinks provided

For details contact Sue on

0121 373 4145/07505 142 779, sue_turner@hotmail.co.uk
and Tony on 0796 905 8458, sadhanaom@hotmail.com

To reserve a place please return booking
form

I wish to reserve ___ place(s) for the Day of Yoga
with Tony and Sue 8th October 2011. Please find
enclosed £__ (please tick)

Cheque (*payable to Susan Turner*) cash
value £ ____ .

Name:.....

Phone:

Address:.....

.....

.....

Email :.....

Please return completed form with remittance to,

**Sue Turner,
24 Boldmere Drive,
Sutton Coldfield,
West Midlands
B73 5ES
Tel.: 0121 373 4145/07505142779**