

# ***BLOSSOMING AND BLOOMING***

Feeling Younger with Yoga and Rejuvenation Workshop. Come and enjoy a Saturday afternoon of yoga with Jade Cutler and Hilal Yildirim, a Tao Hands Practitioner.

This workshop will guide you on how to leverage four power techniques to increase your immune system, boost energy and vitality ... leading you to the ancient sacred teachings on how to keep yourself younger and happier and healthier.

Yoga with Jade will include standing postures and breath work to reawaken the body, leaving you feeling a deep sense of rejuvenation ... with a Spring in you step.

The workshop will be on SATURDAY 25<sup>TH</sup> MAY from 1-5pm

All abilities are welcome and any level of fitness, we will all work at our own pace. From 1 until 5pm at Yoga Akasha, a beautiful studio in the heart of East Grinstead.

First Floor, The Old Mill, 45 London Road, East Grinstead, West Sussex RH19 1AW

Cost is **£40** and if you would like to book a place please contact Jade on 07918 761083 email: [jade@artisticlicenceagency.com](mailto:jade@artisticlicenceagency.com) OR Hilal on: 07966 486889 email: [hilal1333@hotmail.com](mailto:hilal1333@hotmail.com)

