

# 'Yoga for Inner Strength & Peace' with Jade & Jody

## Sunday October 21<sup>st</sup>, 9.30-1.30

**This workshop will focus on how yoga can help us feel stronger and more peaceful, inside and out.**

We all experience many times in our life when we can use some extra help to get us through. Yoga is a wonderful tool to help in tough times, including:

- Coming to terms with the death of a loved one
- Menopause
- Children leaving home
- Losing our job
- Retirement
- Moving home
- Divorce/separation

Yoga is so much more than just the physical postures, with many benefits that help us lead a more fulfilled, contented and peaceful life.

Join Jade and Jody to explore ways in which Yoga can bring strength and peace into our lives and keep it there when we most need it.

We will break for a few minutes mid-morning to have a light snack – please bring a banana or other fruit etc. with you.

We look forward to seeing you there!

Date: Sunday October 21<sup>st</sup>

Time: 9.30-1.30

Cost: £45, or early bird price of £40 if paid by Oct 13<sup>th</sup>

To book or for more info please contact [jade@artisticlicenceagency.com](mailto:jade@artisticlicenceagency.com) 07918 761083 or [Jody@YogaAkasha.co.uk](mailto:Jody@YogaAkasha.co.uk) 07956 969141

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