

# YOGA, MEDITATION AND TWO KEY ENERGY CENTRES WORKSHOP

## Sunday September 30<sup>th</sup> with Jade & Hilal



Come and enjoy another afternoon of relaxing and calming yoga with Jade and Ancient Chinese wisdom with Hilal.

In ancient Chinese wisdom the two most important areas in the body for boosting energy, stamina, vitality and immunity are the Kundalini and Lower Dan Tian which are located in the lower abdominal area.

These centres supply energy for all physical and mental functions of the body which need replenishment.

**Enjoy an experience that will leave you feeling stretched refreshed and calm**



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)