

Pre-Christmas Rush – Stress Relief Mini Retreat

With Helena & Jody

Sunday December 9th, 4.30-7.00pm



Helena and Jody would like to invite you to a pre-Christmas rush, stress relieving, mini retreat evening. You will enjoy deeply relaxing yoga, including breathing and meditation, be treated to a relaxing neck massage with essential oils and rounding off the session with a mince pie and hot chocolate/tea.

Date: Sunday December 9th

Time: 4.30-7.00pm

Cost: £30 or £25 if booked by November 17th

For more information or to book, please

email jody@yogaakasha.co.uk

or helena.crismani@googlemail.com

