

**Yoga & Recovery Workshop with Kate and Linda**  
**Family Roles in Codependency**  
**Saturday October 27<sup>th</sup> 1.30-4.30**



Hero Caretaker Joker Lost Child Addict

This workshop is to provide information/ways of helping those who are in recovery or those trying to help those who are. It will begin with an hour of gentle Hatha Yoga, followed by an interactive session discussing family roles and how to support others and yourself. This will finish with a deeply nourishing Yoga Nidra.

Date: Saturday October 27<sup>th</sup>

Time: 1.30-4.30

Cost: £35 or early bird price of £30 if booked by September 30<sup>th</sup>

For more information or to book please contact [katesuffolk1@hotmail.com](mailto:katesuffolk1@hotmail.com)