



Yoga and Recovery Workshop

Family Roles In Codependency

Saturday 11th August: 12.30-3.30pm

Are you:

- Charming, fun to be with, quick to make a joke?
- Responsible, hard working, successful?
- Rebellious, troublesome, law breaking, tough?

Or do you:

Tend to everyone else's needs?

**CONTACT: KATESUFFOLK1@HOTMAIL.COM
07968 051347**