***SEASONAL WORKSHOPS***

***YOGA & SOUP***

 ***with MELANIE HUBBARD***

***KINGS LANGLEY COMMUNITY CENTRE***

***THE NAP, KINGS LANGLEY WD4 8ET***

**Saturdays 2021 10am-1pm:**

19 June; 17 July; 18 September; 27 November
£30 per workshop **\*£110 for all 4 or £85 for any 3 workshops\***

CONTENT:

* **Extended Yoga practise** including a flow of postures, breathing practices, relaxation and meditation to create balance & stillness & align with the season.
* **Plant based Seasonal Soup**
* Further **discussion** around ways to promote healing for ourselves and the planet

**Nourishment** is key for health & happiness. Good health gives us the freedom to enjoy life more fully and realize our full potential. When we live in harmony with nature we create balance within ourselves & for the planet. The workshop will focus on learning how to adapt to the changing seasons, stimulate the flow of energy throughout the body, create balance within the organs and deepen awareness.

You'll need: **yoga mat, blanket, block/cushion, belt, extra layers** (for relaxation, etc.) I do have a limited stock of equipment so please let me know if you need to borrow. **Please arrive at least 5 minutes early so that everyone can settle before the workshop begins.**

**\*ALL COVID** **PROCEDURES WILL BE ADHERED TO\***

**To book:**

**Please Return attached booking form with cash or bank transfer to:**

**Ms M N Hubbard Sort Code: 089300 A/C: 16162084 Ref: your name**

**2021 Saturday Yoga & Soup Seasonal Workshops 10am-1pm:**

**19 June; 17 July; 18 September; 27 November**

**Name:**

**Address:**

**Tel** : **Email:**

**Any health issues or food allergies etc. (confidential):**

**What would you like to get out of the day?**

Book me a place for the Saturday Workshop on: (please circle dates)

19 June; 17 July; 18 September; 27 November

I enclose cash/bank transfer (please circle) not refundable for £\_\_\_\_\_\_.

I understand that I am responsible for my own safety.

**Signed:**

74 Varney Road Hemel Hempstead Herts HP1 2LR

01442 233365/melaniehubb@gmail.com/www.nourishinglife.org.uk