



# Therapeutic Yoga Workshop with Bernadette

Sunday 13 May 2018

10:00 - 13:30. Cost £40.

Blackheath Complementary Health Centre  
184/6 Westcombe Hill, SE3 7DE.

Spaces are limited so please book soon to avoid disappointment

Closing date 6 May 2018

This workshop will include embodied and mindfulness practice, embodied movement with yoga, pranayam, partner practices, group visualisation, yoga nidra

Payment may be made by cheque, bank transfer or cash. **ONLY ADVANCE PAYMENT WILL SECURE YOUR PLACE**

202, 422, 380

Buses; 286, 386, 108, 53, 54,

Nearest BR station is Westcombe Park.

Please use the slip below when making a payment.

.....cut or tear.....

Name.....email.....tel.....

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