



# RADIANT HEART FIRE!

A YIN AND YANG YOGA WORKSHOP .....& LUNCH!

WITH

GRANVILLE COUSINS

&

JOANNA NAJDUCH



**ON SATURDAY 11<sup>TH</sup> FEBRUARY 2012 12.30pm – 6.00pm**

**AT DAVID LLOYD HEALTH CLUB, BARTON EMBANKMENT, TRAFFORD, MANCHESTER, M17 8RH**

**During this workshop which is suitable for all levels you will experience a gradual progression of re-igniting your radiant heart fire within.**

**12-30 - 2.30pm** - Granville will lead you through his vibrant YogAsana Flow connecting to your inner radiance with Heart opening poses, warming twists and strengthening standing poses.

**2.30 -3.45pm** – Lunch Break

**3.45pm -6.00pm** - Joanna will help you ride the wave within...deepening the flow with Yin postures to help you strengthen your radiant heart fire in a restorative way. Relaxing, blissful Yoga Nidra will close the practice!

**2 Yoga Teachers ! 2 Different yet Complimentary Styles of Yoga!  
Over 40 years of teaching experience in 1 DAY! Over 4 hours of Yoga!**

**£40 per person**

**\*\*\*\*\*SPECIAL PRICE for David Lloyd Members\*\*\*\*\* ONLY £36 per person!**

**A delicious Yogi Lunch is included!**

**Penne Pasta with Roasted Mediterranean Vegetables and Mozzarella Cheese  
With Mixed Salad and Garlic Bread..... and a Herbal Tea!**

**Please reserve your place early as numbers are limited for this popular workshop!**

**Contact Joanna to book your place! [joanna\\_naj@hotmail.com](mailto:joanna_naj@hotmail.com) [www.yogawithjoanna.com](http://www.yogawithjoanna.com)**

**NB: Please bring a Yoga Mat and a cushion and blanket for the Yin session.**