

One-day



YOGA WORKSHOP

with Tomoko Mori and Trish Dent

Stiff or supple,
anybody can practice yoga exercises effectively
by following the basic principles

Saturday 11th March 2017

10am to 3.30pm

at Theberton Village Hall, IP16 4SA

Morning programme: Exercise, Breathing and Asanas

A wholesome homemade lunch will be included

Afternoon programme: Relaxing Ginger Compress and Meditation

Cost £60 (discount for concessions)

Booking essential as space is limited (£20 deposit required)

Tomoko Mori, an international London-based teacher of yoga, will share her experience from many years of practice and teaching. For details of Tomoko's teaching go to www.okidoyoga.org.uk

Trish Dent lives in Suffolk, is a Shiatsu practitioner and teaches exercise and yoga.



For further information and booking, please contact **Trish** on

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