

are holding **A Day of Yoga- 'From the Core to the Heart'**
alongside the Annual General Meeting for 2010 for CYTA
members

with **Derek Osborn**

Derek has been involved with the BodyLife Centre in Shropshire for many years.
In September this year he celebrated his 40th year of yoga teaching.
He is also the Overseas Representative for the BWY.

on **Saturday March 13th 2010**

at **Trinity Methodist Church Hall, Trinity Gardens,
Woodsmoor,
Stockport SK3 8TP**

10am - 12 noon Asana & Pranayama – working with the body 'core' for
strength, stamina & suppleness

12-1pm Lunch – Soup & bread, salad, drinks & cakes will be available to
purchase

1-3pm From Pranayama to sound
Repeated Mantra verbally to silently
Ending with a heart Meditation

The seminar will be followed by the AGM for CYTA members

COST - Prebooked £10 , on the day £13 for CYTA members
Prebooked £12, on the day £15 for non members of CYTA

CANNOT MAKE THE FULL DAY? how about spending half a day with us?
Prebooked £5, on the day £6.50 for CYTA members
Prebooked £6, on the day £7.50 for non members of CYTA

BRING - non slip mat for posture work (or carpet/rug), small blanket or wrap for relaxation,
and lunch if you are not purchasing ours.

PARKING –free parking is available at the venue. But please do not park on the grass.

TICKETS are available on the door or by post from:
Sue Hargreaves, *CYTA Secretary*,
Crab Lane House, Crab Lane, Cinnamon Brow, Warrington WA2 OWJ.
(Please send an SAE, and cheque made out to CYTA, for tickets and directions.)