

CYTA (Cheshire Yoga Teachers Association)

Yoga Weekend – Friday August 20th -Sunday 22nd 2010

The CYTA Committee invite you to join us for our Yoga weekend at Whaley Hall, Reservoir Road, Whaley Bridge, High Peak, SK25 7BL www.whaleyhallcki.co.uk. The tutor, Heather Regan-Addis, is based locally. See her website: www.hramba.co.uk. The weekend programme will focus on Mindfulness and Yoga.

Weekend cost: £140 for CYTA members. £150 for non members. Includes:

- accommodation, mainly in twin rooms with shared bathrooms and drinks facilities
- all tuition
- all meals (vegetarian) and refreshments

Saturday Day cost: £40. Includes morning and afternoon tuition, lunch and refreshments

How to book To secure your place book at the CYTA seminar on March 13th. Or you may return the tear off slip below, with a deposit of £40 (or full payment) **by May 1st** Please send cheques to address at foot of booking slip. ENQUIRIES/special food requirements Phone Diana on 0161 929 1947

I wish to attend the CYTA Weekend at Whaley Hall August 20/21/22 2010 and enclose cheque below. **Please tick or highlight type of booking**

My £40 deposit for the weekend

My full payment of £140 as a CYTA member

My full payment of £150 as a non member of CYTA

My full £40 payment for Saturday Day booking

I understand that cheques are non refundable unless the place can be filled

YOUR NAME

ADDRESS.....

Please send cheques **made out to CYTA** to Diana Davidson (Vice Chair and Events Secretary) The Willows, School Lane, Dunham Massey, Altrincham, Cheshire WA14 4SD