

**Yoga workshop
Saturday 21st of May**

*Insomnia, relaxation and meditation
and bringing calm into everyday life*

Wanting some time out for yourself, to recharge and destress? Bhumi will be running a 3 hour workshop on insomnia. The session will consist of yoga practices and meditation techniques to assist with balancing the hormonal system and calming the nervous system to help manage insomnia and bring calm into daily life.

Bhumi is a qualified yoga therapist and is accredited with the Australian Association of Yoga Therapists (AAYT) as well as being a registered senior teacher with Yoga Australia.

Beginners are welcome

Handouts and morning tea will be provided

Details

Date: Saturday 21st of May 2016

Time: 9.30am-12.30pm

Venue: Henderson Environment Centre:
Groat St. North Beach

Cost: \$50

What to bring: Yoga mat, pillow and a bottle of water.



For more information or to register

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Email: info@bodymindyogaperth.com.au

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