

# QUIET EARTH

A WARMING & DEEPLY RELAXING  
YOGA 'REST'- SHOP  
WITH JOANNA NAJDUCH

[www.joannayoga.com](http://www.joannayoga.com)



**SATURDAY 16<sup>TH</sup> MARCH 2019 1.30 - 4.30pm**

AT **INHALE YOGA STUDIO**

First Floor, Progress House, 17 Cecil Rd, Hale, Altrincham, Cheshire WA15 9NZ

**£30 per person**

Restorative Yin Yoga combined with essential oils by Neal's Yard is sure to transport you to the deep peace of a quiet earth.

The comfort of these superb essential oils will allow you to feel balance, grounding and ultimately steadiness in your entire being - body, mind and spirit.

A Reiki Master, Meditation and Yoga Teacher - Joanna has been teaching Yin Yoga for 15 years!

Come join Joanna for a journey on the mat...exploring the physical body and its meridians with gentle yin yoga, powerful essential oils, affirmations, mudras and mantras as well as deep and restorative meditation and yoga nidra.

If you are feeling fragmented, disconnected, stressed, anxious or simply would love to feel even more peaceful and relaxed - let me guide you! You will feel re-vitalised and re-nourished in a relaxed way!

"Deep peace of the quiet earth to you...."

**Please reserve your place early as numbers are limited to just 20 spaces for this popular workshop!**

For bookings please contact: [joanna\\_naj@hotmail.com](mailto:joanna_naj@hotmail.com) Just 20 places available – NO REFUNDS.