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Seminar : Introduction to Yoga

Michelle Fitzpatrick will take you through this introduction to yoga, with emphasis on the spiritual as well as physical aspects of the art. The seminar is open to anyone with a receptive heart and mind, regardless of physical ability, and is an ideal stepping stone for those interested in this most ancient of arts. Come and train the warrior within.

Date : Sat 8th May 2004

Time : 1pm-3pm

Venue : Caledonian University Sport Centre

Cost : £10 (pay on the day)

For all enquiries or to reserve a place call Guy on 07710 769 490, or email guy_ramsay@hotmail.com