

YOGA and CHI GUNG DAY for SUMMER

With **June Mitchell and Shen Bowers**

Sunday, 1st August 2010 at the Birnam Hotel, Birnam by Dunkeld



A 'chill out' day for teachers and students of all levels, with June and Shen, to enjoy your practice, be with friends, have a lovely time and leave feeling refreshed and rejuvenated.

**£55 including
light lunch and refreshments**

www.junemitchellyoga.co.uk

11am *Yoga class with June – practise with ease, flowing, focused*

12.30pm *Pranayama*

1pm *Light lunch*

1.45pm *Yoga Nidri (deep relaxation)*

2.15pm *Chi Gung with Shen*

3.30pm *Philosophy talk/discussion – Yoga and Chi Gung*

4.30 – 5pm *Chanting and Meditation*

Enquiries to June on 01350 728773 or june.yoga@btinternet.com

BOOKING FORM

Please reserve place(s) on the Yoga/Chi Gung Day in Birnam on 1st August

Name

Phone email

Payment of **£55** or **£20** deposit per person is attached (**please circle which**)

Return form and cheque to: June Mitchell, Rotmell Cottage, Ballinluig, PITLOCHRY PH9 0NT