

A TASTE OF DRU

with Anne-Marie Markham

When: Saturday 20 May, 1:00-4:00pm

Where: School hall,
Epping Heights Public School,
128 Kent Street, Epping

Cost: \$50

Enjoy an afternoon of Dru Yoga and Meditation. Dru Yoga is essentially 'yoga of the heart'. This graceful form incorporates flowing movements with the breath and visualisation, to open and activate the heart centre.

In this workshop:

- Experience the calming effects of Dru Yoga on the body and mind
- Discover how Dru Yoga differs from other styles
- Learn a little of the philosophy behind Dru Yoga

About Anne-Marie: Anne-Marie is a qualified Dru Yoga and Meditation teacher with over thirty years experience. She is a senior teacher on the Dru Yoga Teacher Training course and a qualified practitioner of alternative therapies including massage and aromatherapy, and this depth of knowledge and experience is reflected in her teaching and her support of students.



Interested?

For more information and bookings, contact Debbie on **0403 915 268** or email **LaiLin.Yoga@gmail.com** by 6 May.

Payment methods: Cash, cheque payable to 'Deborah Corke', or electronic transfer to BSB: 802 351 Acct No.: 35126348
Send cheques to D. Corke t/a LaiLin Yoga, PO Box 672, Epping 1710.

