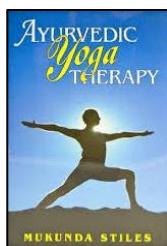
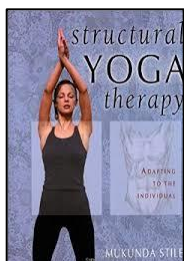


Structural, Ayurvedic and Marma Therapy for Health and Wellbeing

Shakti Bhakti (Helen Barker)

10am – 4pm, Saturday 21st July 2018

Shipton Community Centre, Main St, YO30 1AA



Tutor: Shakti Bhakti (Helen Barker)

Shakti Bhakti is an experienced Structural Yoga Therapist™ who trained directly with Mukunda Stiles, now also a Suksma Marma Therapist. A former BWY Diploma and Foundation Course tutor, she works with groups and individuals to bring harmony into their lives. YogaNamaste.co.uk

Enquiries and Booking

For further information, please contact Jayadhara (Jane Cluley). To secure your place, send Name, Address, Telephone with a cheque for £40 or email and payment by BACS to J Cluley Sort Code 09-01-27 account 38203361

Confirmation will be sent by e mail, unless an SAE is enclosed
Please bring a contribution to a shared vegetarian lunch, drinks will be provided.

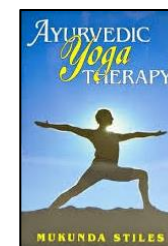
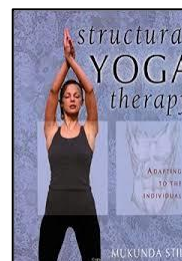
Moonrise, Low St, Husthwaite, York YO61 4QA
Tel: 07906 652669 e-mail: janecluley@tiscali.co.uk www.yogandshiatsu.org.uk

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