



**Inner Rhythm-Internal Arts
Yoga and Qi Kung in
South Staffordshire**



“Restorative Yoga”

A half-day workshop of restorative yoga
With

Vivien Skelton
(BWY Diploma)

Saturday 6th February 2010
2pm – 5 pm
Cost £20

Limited Spaces, Book early to avoid disappointment.

Restorative yoga poses are soothing as they are deeply supported with props. They offer us the opportunity to surrender into a state of deep relaxation, a place of being rather than doing and as we let go, we are able to rest into stillness. This will allow us to become well rested, nourished and rejuvenated. By simply being, we are able to use this therapeutic style of yoga to calm our nervous system, relieve the symptoms of stress, enhance our respiration and promote healing and wellness.

“Relaxation is a state in which there is no movement, no effort and the brain is quiet”

Venue – Thomas Spencer Hall, Church Street, Whittington, Lichfield,
Staffs WS14 9JX. Ample free parking

Drinks and biscuits will be provided

www.InnerRhythm-InternalArts.co.uk

Booking Form
“Restorative Yoga”
Saturday 6th February 2010

Name.....
Address.....
.....
E Mail..... Tel No.....

Information and booking contact Vivien Skelton. (Cheques payable to Vivien Skelton)
Please send SAE if you require a receipt....and/or directions...(Please tick)

61 Spring Lane, Whittington, Lichfield, Staffs WS14 9NA
Tel 01543 433082 e-mail: skeltonlichfield@aol.com
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