



DRU YOGA Workshop

Saturday 24th July 2010, 10am-4pm

'Making Life Sacred'

*When we live our lives with sacredness,
by implication we make it special.*

From 'Points of Balance' by Chris Barrington and Dr Mansukh Patel

- Yoga, Relaxation and Meditation
- Flow with flexibility and power
- Find the joy and abundance in life
- Celebrate being in the fullness of each moment
- Be spontaneous and creative in giving to others
- Suitable for everyone -all ages and abilities
- Lead by Sue Cleaver and Gidge Limbert

Muritai Centre, Tahunanui School, 69 Muritai Street, Tahuna, Nelson

- Registration from 9.30, hot drinks provided.
- Bring water, lunch, yoga mat, rug, cushion
- Dru Yoga items available to buy for home study

DRU Yoga Workshop Registration Form, Saturday 24th July, 2010

- Please send/hand in this registration form with full payment (\$75 full day or \$60 unwaged) by cash or cheque to: Dru Yoga NZ, PO Box 45, RD2 Upper Moutere, Nelson 7144

Name

Email:.....

Address.....

Phone/Mobile.....

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■ Enquiries: Sue Cleaver (03) 5432125 scleaver@maxnet.co.nz