

## Move with Ease – Still, Calm and Relaxed

Simple moves to help  
relieve tension  
so you can move more  
freely and leave  
feeling totally relaxed  
in mind and body



**Friday, 30 September 2016, 6.30 – 8.30 p.m.**

Aditi Yoga & Pilates,  
4 Paramo House, Denmark Street, Darlington DL3 0LP

Cost: Early Bird: £15 (book on or before Monday  
26<sup>th</sup> September); full price £17.50 per person

Participants should be able to get down to, and up from,  
the floor. Bring a yoga mat or folded blanket to lie on, some  
water and something warm to wear while lying down.

Booking essential. Contact Anne on:

0776 214 8661

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