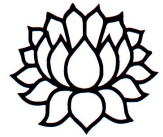


'Mind-Body Maintenance'

Practical Stress Management Solutions



Back Care Pamper Workshop Info & Booking form

Saturday 25th Sept 2010

Places are limited to eight and priority is given to those who book early. To be sure of a place please book as soon as possible. Take advantage of early Bird booking and save £5.....

The Workshop - includes Yoga for back care, posture correction exercises, deep relaxation and a mini Shiatsu / Acupressure Massage session.

If possible please bring an exercise mat, a blanket and two cushions. (See website for purchase of good quality machine washable Yoga mats).

Workshop fee: £20 ~ or before 11th Sept: only £15

Venue: Body Mind Spirit Centre Alington Road Dorchester DT1 1QB

Katy Murrell dip. BWY AOSM PRTSI

01305 262253 / 07966 308154

www.mind-bodymaintenance.co.uk / katy@mind-bodymaintenance.co.uk

Please cut here and send with booking fee to address below:

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Booking form: Back Care Pamper Workshop 25.09.10

Name.....

Address.....

.....

Postcode.....Day-time phone.....

Evening phone.....Mobile.....

E mail.....

Value of cheque:.....**(payable to K Murrell)** Date:.....

Send to: 'Mind-Body Maintenance' PO Box 7293 Dorchester DT1 9FA