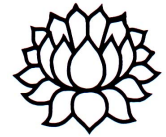


'Mind-Body Maintenance'

Practical Stress Management Solutions



Back Care Pamper Workshop Booking form

Saturday 28th January 2012

9.30am to 12.30pm

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 Acupressure / Shiatsu 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: £25 ~ or early bird booking before 07.01.12 ~ £20

Venue- Body Mind Spirit Centre Dorchester

Katy Murrell dip. BWY AOSM PRTSI

01305 26225 / 07966 308154

katy@mind-bodymaintenance.co.uk / www.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 28.01.12

Name.....

Address.....

.....

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

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

E mail.....

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

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