



Well-being Workshops at Soulands with Jacci and Jane

Saturdays March 30th, April 27th, May 25th, June 29th, July 27th.

Five new mornings to refresh and relax body, mind, and soul,
for all levels of experience,

Enjoy gentle **Hatha Yoga** with Jane Terrett, (Hatha BSYQLS Level 4)
plus **Mindful Meditation and Movement** and **Deep Relaxation** with yoga therapist and
meditation teacher Jacci Bulman, (Dip d.Y.Th. CMT)

10.00 - 10.10 Welcome and Introductions.

10.10 - 10.50 Yoga to revitalise and refresh.

10.50 - 11.20 Mindful Meditation.

11.20 - 11.40 Drinks and chat and enjoy the views!

11.40 - 12.20 Yoga to unwind, stretch and relax.

12.20 – 12.50 Guided Deep Relaxation or Mindful Movement.

12.50 – 1.00 Sharing questions, responses, and closure.

Venue is the beautiful Soulands Studio in Soulby, near Dacre, Penrith.

Cost: £40 per workshop.

Places are limited to 8 per workshop.

To enquire about the mindful meditation, movement, and deep relaxation
please contact Jacci on
info@thelovethatweare.org

To enquire about the yoga and to *book a place* please contact Jane on
jane_terrett@yahoo.co.uk or Phone 07739 397000

We hope to see you there, for times of refreshing peace and well-being!

www.thelovethatweare.org/events