

Fortify, Flourish and Feel-Good Day

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Indulge in four self-nurturing activities and grow your own take home “Health Gems”.

Explore yoga postures

Delve into nutrition

Pamper with massage

Create something special

Saturday March 1st

Time 10am – 4:30pm

Mayfair Community Centre

Church Stretton

With

Sue Pugh Yoga

Alison Benbow Nutrition

Jane Crabtree Massage

Jacqui White Creativity

Cost £40 including a light lunch (gluten and dairy free available)

To book or to ask questions contact Sue Pugh phone 07432349933 email sue.pugh4@hotmail.co.uk.

For more information see <https://www.vitabonayoga.com/>

Wear loose comfortable clothing and bring a book or your own craft activity for a peaceful 15 minutes during the day.

