

Vitalise to Revise

A one day workshop for young people exploring supportive strategies to deal with GCSE and A Level exam pressure

- Yoga
- Breathing and Relaxation
- Organisational skills
- Motivation techniques
- Peer support

Kim Leys (Kriya,) experienced 'teen yoga' instructor and Jane Morris-Brown, secondary school teacher and complimentary therapist, join forces to inspire, empower and promote well-being in this decisive and stressful time.

Date: Sunday 26th April 2009

Time: 10.00 – 16.00

Venue: Yoga Akasha

First Floor, The Old Mill, 45 London Road, East Grinstead RH18 5HP

Cost: £50

To find out more call 07748 967194
or email enquiries@yogaakasha.co.uk

www.yogaakasha.co.uk