

Karate/Yoga Holiday in Aegina Greece with Heap Sensei 7th Dan and Jody Lawrance 25th-31st May 2009

Studying the finer points of Wado Kai Karate and Hatha Yoga.

A fascinating insight into the unique blending of these two ancient disciplines. 6 days on this beautiful Greek Island with top tuition in both arts - £425.00 or early bird booking of £375.00 if deposit of £100 paid for by Dec 31st, balance due by April 1st – price includes accommodation



and all classes

- Breathing
- Posture
- Body movement
- Dynamics
- Spirituality
- Philosophy

Yoga Holiday in Aegina Greece with Jody Lawrance 4th - 14th June 2009

Simply furnished with copious light and space, this is a perfect setting for you to enjoy and enhance your Yoga practise. A daily morning asana class will be held as well as an early evening class where a range of subjects may be covered –technique, pair work, pranayama, chanting, meditation and philosophy. The house, its gardens and nearby Aegean sea lend their own special energy to this 10 day yoga holiday. £595 or early bird booking of £530 if deposit of £150 paid for by Dec 31st– balance due by April 1st - price includes accommodation and all classes

Please email either senseiheap@yahoo.co.uk or jody@yogaakasha.co.uk for more information



Hogarth Karate Club
www.wadokarateunion.org.uk

