

# Mindful Movement

Phoenix Rising Yoga Therapy

8-Week Group Program

## Your Situation



Do you feel like something needs to change, but unsure how?

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Do you need to make time for yourself?

Do you need to be your own best friend

**You can Learn to listen inwards**, you have the answers inside

**Your life will never be the same**



## Your Solution



In this 8-week Phoenix Rising Yoga Therapy program, you will:

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- allow time for yourself
- change your relationship to your body
- learn new ways to take care of yourself and others
- apply yoga & meditation in a practical way to your daily life.

**Do you want to make changes?**

## Your Life Shifted



Once you Shift you will...

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- be more effective and present to yourself & others.
- feel whole & have direction in life
- create balance & ease
- have a **sustainable** "Shift" toolkit that can serve you for a lifetime

## Shift into the Weekend

**Dates:** April 21<sup>st</sup> – June 9th (no group May 19th)

**Days:** Fridays

**Times:** 7:00 pm – 9:00 pm

**Fee:** £230 (includes all materials)

**Location:** Beehive Healthcare, Northgate Avenue  
Northgate Avenue, Chester, CH2 2DX

Participants will also experience a full retreat day on Sunday 21<sup>st</sup> May, 9:00 – 5:00 pm. Complete details upon registration.

**Early Bird Special - £222 (ends 7 April 2017)**

[www.lifeworx.co.uk](http://www.lifeworx.co.uk)

**Register NOW with an email to**  
**info@lifeworx.co.uk**

**or call Jaya on 07725 799392**