

# British Wheel of Yoga South East Region – General Day

**A very special opportunity not to be missed**

**A day of yoga with the amazing**

**David Sye of YOGABEATS**

**Date:** Sunday 5th July 2009  
**Time:** 10.30 to 16.30  
**Venue:** Community Association Hall, Thanington, near Canterbury CT1 3XR  
**Cost:** £25 BWY members £40 non-members

If you want an energising day of Yoga then this is the day for you. Yogabeats™ engages all of your physical senses, provides a natural high and feelings of joy in the body. It creates tremendous vitality, balance and flexibility regardless of size, age or experience. Yogabeats™ is a fusion of many kinds of yoga and is driven by music that matches the pace and flow of this unique yoga style. David's style is fun, invigorating and unashamedly sexy. The emphasis is on enjoyment not austerity, you can do as little or as much as you like. Postures are performed to the latest rhythms and ambient world music. There is no competition or rigid rules, only paying attention to your feelings and open breathing which is essential to the practice.

The day will comprise of a dynamic and energetic practice, with opportunities for you to challenge your body. The music has been specifically chosen to compliment the postures and you can buy any of David's range of Yogabeats CD's during the lunch break.

For more information about David and his unique style of yoga visit [www.yogabeats.com](http://www.yogabeats.com)

Refreshments will be provided, but please bring your own lunch.

Don't forget your Yoga mat and blanket!

Bookings to Jan Palmer, 1, Hillary Road, Maidstone, Kent, ME14 2JP

Tel. 01622 755206, email [jan.palmer1@yahoo.co.uk](mailto:jan.palmer1@yahoo.co.uk) - Sorry no refunds

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**Please enclose this booking slip with your cheque. Cheques payable to 'BWY SE Region'**  
**For directions please go online – [www.bwysoutheast.org.uk](http://www.bwysoutheast.org.uk) Receipts can be emailed or posted (enc sae)**

**Yogabeats - Sunday 5<sup>th</sup> July 2009**

Name .....

Address .....

Tel .....

Email .....

BWY number .....

Please email receipt

Please send me a receipt (sae enc)