

STEPPING FORWARD

CLEARING YOUR PATH THROUGH THE CHALLENGES OF SEPARATION AND DIVORCE



A SUNDAY RESTORATIVE WORKSHOP

for anyone in the process of relationship breakdown

Suitable for all: previous yoga experience not necessary

10 April 2011 from 11 am – 5 pm

Welcare 26 The Green Twickenham TW2 5AB

£50 booking essential

The session will provide an engaging and supportive environment for you to discover how yoga postures, relaxation techniques and simple coaching methods can help you respond appropriately to the challenges you face. You will gain clarity and insight about where you are and where you are going, and leave feeling inspired and uplifted.

Testimonials from past participants

‘I learned that I am not alone going through this’

‘It was nice meeting others who are also struggling with similar situations and emotions’

‘A wonderful three hours of exactly what I needed’

‘Let it go, move forward’



Diana Jordan
Dealing with Divorce

Tuesday McNeil
Urban Yogi



For further information and to book please contact
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or Diana on 01932 765421 / diana@dealingwithdivorce.co.uk