

Mind & Body & Movement

A Yoga and Meditation Workshop with

Suddhaka (Jonathan Clark) and Janet Evans

Sunday 7th January 2018

2pm to 5pm

Yoga Point

122 Dalberg Road, Brixton, London SW2 1AP



Join us for an afternoon of
YOGA and MEDITATION

Exploring experience of mind, body and feelings.
Developing greater calm, clarity and self-awareness.

Cost £30 (£25 concessions)

Please contact Janet for further info or to book a place:

jevans238@hotmail.co.uk

www.yogajanam.com