



AWY: 2019 Workshops

MARCH: HYPNOBIRTHING

- What:** Hypno Yoga for Birth Workshop Sat 2nd March 2019 (£30.00)
Expect: Explore and learn useful and practical techniques for a calm and empowered birth. No experience needed, all welcome.
When: Saturday 2nd March 1.30-3.30pm
Location: Adele's home Pye Nest, detail sent upon booking



MARCH: NEAL'S YARD GLOWING SKINCARE

- What:** Glowing Skincare Workshop Sat 2nd March 2019 (£10.00)
Expect: An intimate workshop, where we enhance or create a glowing skincare routine tailored to you, giving your skincare routine a boost ready for Spring.
When: Saturday 2nd March 10-11.30am
Location: Adele's home Pye Nest, detail sent upon booking



APRIL: DEEP DIVE - HIPS

- What:** Deep Dive into Hips Wednesday 3rd April 2019 (£30.00)
Expect: We will open, release and find balance in this highly complex area, bringing a new understanding of your hips. No experience needed, all welcome.
When: Wednesday 3rd April 7pm-9pm
Location: Tower House Hotel, Halifax (HX2 7EW)

