



Holistic Day for Nepal

Saturday 12 September, 10am—4pm

University of Derby: Clinical Skills Suite

Admission £5.00*

Stalls and Information Stands

Auction

Lunchtime talk on communities being supported in Nepal

Holistic therapies , treatments and classes to include:

Reflexology	Mindfulness	Ayurvedic Facial Massage
Reiki	Thai Yoga Massage	
Zero Balancing	Quantum Touch	Shamanic Journeying
Angel Cards	Laughter Yoga	Yoga Nidra Meditation

Contact Phillipa info@oakwoodyoga.co.uk

for more information

*Admission fee includes cake/samosa and tea/cold drink

There will be a small additional charge for holistic therapies, treatments and classes.