



Cultivate Wellness and Balance in your Every Day With Lucy Andrews

Date: Saturday, 10th September, 2011
Time: 1.00pm – 5.00pm
Place: The Yoga Room
Cost: \$100.00

Join Lucy for a workshop of yoga, meditation, nutrition and awareness to create greater health, vitality and relaxation in your daily life.

Stress takes on many different guises from anxiety to food cravings to chaos. With understanding you can reduce stress, learn to settle your nervous system and guide the mind towards calm and clarity, whilst opening your heart and inner wisdom.

Lucy's Bio:

Lucy started practicing yoga in 1988 and has been teaching since 2004. Combined with a life-long interest in health, she brings together her background of nutrition, herbal medicine and awareness development, creating a practical route towards cultivating wellness and balance in every day. ...