



Greetings!

I hope this finds you well. Some yoga notices for you...

Easter break: This week (w/c March 31st) is the last in the current block booking before we take a break for the Easter Holidays.

Booking is now open for next half term: Classes resume the w/c April 21st. All classes are now bookable here: <https://www.lizbrownyoga.co.uk/book-online>

New workshop - Yoga Nidra by Fairy Light. I am often asked if I provide a 'putting to bed service' as people sleep so well after relaxation with me. So here it is! Join me for 'the sleep of the yogis' with an evening of Yoga Nidra by fairy light... <https://www.lizbrownyoga.co.uk/service-page/an-evening-of-yoga-nidra-by-fairy-light>

Retreats!

- I'm pleased to offer a summer yoga day retreat for an affordable day of yoga and relaxation: <https://www.lizbrownyoga.co.uk/service-page/summer-yoga-day-retreat>
- You can book the weekend spa yoga retreat directly with Champneys: <https://www.champneys.com/retreats/yoga-pilates-meditation/yoga-retreat.html>

Other news from this half term:

- **I started a [new class, Wednesdays 09:30/11:00 at Bodysong Stoke Mandeville.](#)** Lovely venue, small classes, individual attention – interested?!! 😊
- **We raised an amazing £409.50 for [Breast Cancer Now](#)** with the kind donations from those who came to enjoy one of 100 free reflexology treatments with me as part of my final qualification! I hope to be able to offer Reflexology 'proper' from May this year!
- **I've been invited to be a Case Study Supervisor on the [Orange Yoga Yoga Therapy Training.](#)** It's a joy to support yoga teachers in their journey to become yoga therapists whilst making use of my background and qualifications in Learning & Development.
- **I was invited to teach a 'Yoga for Chronic Fatigue Class' for [Fiona Agombar, a world expert in yoga for fatigue and my original 'yoga for CFS' tutor decades ago.](#)** It's very gentle: 30 mins Relaxation/Pranayama, 20 mins Asana, 10 mins Nidra. Here's the recording for those that might benefit with this very gentle practice at home – you can even do it in bed!: <https://www.youtube.com/watch?v=L-b1JtaRbJE>
- **I was featured in [Vale Life Magazine](#) this month for an article on back care:** You can see the article here <https://www.lizbrownyoga.co.uk/media>

Lastly – if you've ever enjoyed / found benefit from doing yoga or reflexology with me, I'd be SO grateful for a positive Google Review, as other than word of mouth, it is how people find me. Please click here to review: <https://g.page/r/CW29fAtReBepEAE/review> . Thank you! 😊 .

That's all folks! See you 'on the mat'.

Kind regards, Liz.



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