



The Sherwood Clinic

is delighted to present evening and weekend

YOGA WORKSHOPS

5th, 6th 7th May 2017

On

YOGA FOR HEALTH

Venue: Harrow Clinic

**20% discount when booked
before 18th March 2017**

Places limited

To book:

**Call 0208 869 000 Or Email:
admin@sherwoodtherapy.co.uk**



**Refreshments provided 5th
May 2017. Lunch provided 6th
and 7th May 2017**

To book:

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Friday 5th May 2017: 6-8.30pm: Ashtanga Yoga for CV health

Saturday 6th May 2017: 9-4pm: Ashtanga Yoga for A Healthy Back

**Sunday 7th May 2017: 9-4pm: Ashtanga Yoga for Arthritis & Muscle
pain**