

# **End of Term Yoga retreat – Sponsored by Sporticipate**

**Saturday 1<sup>st</sup> June 2019 - 9.30am – 4.30pm**

**At the Wellbeing Rooms – Simon Building Brunswick Park, Oxford Road.**

**Come and enjoy a great day of Yoga, relaxation and socialising. You will have the opportunity to participate in three styles of Yoga, Iyengar Yoga, Power Yoga and Yoga for Digestion. A 10 minute massage is also included which you can book your time slot on arrival to the venue. Refreshments and a light lunch will be provided throughout the day.**

**We will finish the day with a relaxation and meditation session.**

**The Wellbeing rooms are located in the Simon building on the ground and 1<sup>st</sup> floor; the spaces are light and airy and have a lovely atmosphere.**

## **Cost for the day:-**

**Student £5.00**

**Staff £7.00**

**Public £15.00**

**Bookings will be live from the 1<sup>st</sup> May 2019**

**For any other information please e-mail- [health.fitness@manchester.ac.uk](mailto:health.fitness@manchester.ac.uk)**

