

**St Non's Centre**  
8 - 10 OCTOBER 2010  
**Yoga Meditation Holistic Weekend**  
with  
**Margaret Hudson & Jill Rossiter**  
**Complementary Therapies available**



Experience opportunities for reflection through **MEDITATION** and **YOGA** practice. The theme is based on building and storing up your energies for the winter months ahead and drawing into the body natural life-force energies (Prana), which abound at St Non's.

You can take advantage of the holistic therapies of **AROMATHERAPY**, **INDIAN HEAD MASSAGE**, **REFLEXOLOGY** and **REIKI** on offer at additional cost, or simply unwind in the beautiful natural surroundings at St Non's Bay. There are walks with stunning views and sacred sites to visit along the Pembrokeshire coastal path.

**COST:** £170: deposit of £70 to be paid 3 weeks before event, made payable to Margaret Hudson and Jill Rossiter. Price includes full-board; vegetarian meals; small twin-bedded accommodation. Possible booking of 2 single rooms for additional supplement of £25.

**CONTACT:** Margaret on 02920666281 or e-mail: [margaret@margarethudson.co.uk](mailto:margaret@margarethudson.co.uk)  
Please send cheque to 28 Maes yr Annedd, Canton, Cardiff CF5 1GR  
**Future dates available: 11- 13 February & 8 - 10 November 2011**

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To book now, please complete the following and send to above address with your remittance.

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ADDRESS: .....  
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SPECIAL DIET:  
SPECIAL REQUIREMENTS:

Receipt sent to you by return together with timetable of events and map.