

**ST NON'S CENTRE**  
**11- 13 February 2011**  
**Yoga Meditation Weekend**  
with  
**Margaret Hudson & Jill Rossiter**  
**Complementary Therapies available**



Spring is the time for renewal, inner growth and rejuvenation. Experience opportunities for reflection through **MEDITATION** and **YOGA PRACTICE** and feel energised by drawing in natural life-force energies (Prana), which abound at St Non's.

You can take advantage of the holistic therapies on offer - **AROMATHERAPY, INDIAN HEAD MASSAGE, REFLEXOLOGY** and **REIKI** at a small additional cost, see [www.margarethudsonholistics.co.uk](http://www.margarethudsonholistics.co.uk) 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 made with booking and full amount to be paid 3 weeks before event; make payable to Margaret Hudson or Jill Rossiter. Price includes full-board; vegetarian meals; small twin-bedded accommodation. Possible booking of 2 single rooms for additional supplement of £20.

**CONTACT:** Margaret on 02920666281 or e-mail: [margaret@margarethudson.co.uk](mailto:margaret@margarethudson.co.uk)  
Please send cheque to 28 Maes yr Anedd, Canton, Cardiff CF5 1GR

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Please complete & enclose £70 deposit or full amount and send to Margaret.

NAME: .....

ADDRESS: .....

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POST CODE: .....

TEL NO: .....

SPECIAL DIET:

SPECIAL REQUIREMENTS:

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