



Melanie's website: www.yogabreaksitaly.co.uk

Morning Yoga Workshops

with **Melanie Willsher**

Saturday 3rd July 2010 9am-1pm

(with mid-morning tea break)

at **Norwich High School for Girls**

Performing Arts Studio • Albemarle Road Norwich NR2 2HU

(parking in school grounds next to swimming pool

Arts Studio is next to pool)

£30 per person

(please bring your own mat and blanket)

Monday 2nd August 2010 9am-1.00pm

(with mid-morning tea break)

King of Hearts

Music Room • 7-15 Fye Bridge Street • Norwich NR3 1LJ

£30 per person

(please bring your own mat and blanket)

to book email: melaniewillsher@onetel.com

cheques payable to Melanie Willsher • 472 Earlham Road • Norwich • NR4 7HP



About Melanie: Melanie began practising yoga as a teenager in South Africa. She holds the British Wheel of Yoga teaching certificate. Her own evolving, original style is influenced by the yoga teaching of Vanda Scaravelli and Diane Long.

Teaching: Melanie demonstrates and uses hands-on assistance based on what she observes in the students' movements. She uses this intuitive attention to the postures to assist students of all levels to rediscover the joy of movement and physical freedom.