



GET HIGH EVERY DAY

BY

RELEASING

THE

BODY'S

NATURAL

DRUGS

Learn how at the  
**New Forest Yoga Wellbeing Festival**

Choose from 8 different Yoga styles that promote happiness & contentment; practice deep breathing exercises that overcome depression; learn meditation techniques that cure anxiety; explore gong yoga, mind mapping, regressive therapy, aromatherapy, laughter yoga, chakras, mindful walking with exotic mediterranean food, fresh juices, & teas.

Book at: [www.newforestyoga.com/events](http://www.newforestyoga.com/events)

Sunday 9:30 - 7:30  
September 24, 2017  
Foxlease  
Clay Hill  
Lyndhurst  
SO43 7DE  
£35 general  
£15 under 25  
Without Food