



# VITALITY YOGA LUNCH

Empowering a new consciousness

Please join Primrose & Taran for a day of yoga, meditation, gong healing and self reflection in the picturesque setting of Tithe Barn, Symondsburry, Dorset

Realign your energy centers, raise your kundalini, nourish your body and calm the mind with our one day workshop.

**DATE** Sunday 23rd April 2017

**LOCATION** Tithe Barn, Symondsburry, Dorset, DT6 6EX

**COST** £59 including morning juice, lunch, tea and some Primrose's Kitchen samples.

## THE DAY

**9.30am** Meeting circle and tuning in together

**10.00am** Breathing/pranayama to calm the nervous system and mind.

**11.30am** Relax whilst Taran discusses the self sensory system

**12pm** Vegetarian lunch prepared by Primrose

**1.30pm** Walking meditation in the woods

**2.00pm** Tea

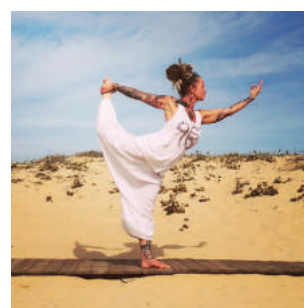
**2.30pm** Yoga set for upper energy work, realignment & meditation

**3-4pm** Gong healing and relaxation  
Tea, chat and depart.

**For more information or to reserve a place, Phone: 01300 345226 or  
e-mail: [pk@primroseskitchen.com](mailto:pk@primroseskitchen.com)**



Primrose is a naturopath, homeopath and founder of health food brand Primrose's Kitchen. She is passionate about holistic living and empowering individuals to embrace self-awareness in all aspects of their daily life in order to bring a greater sense of balance and happiness.



Taran trained in London at Karam Kriya, with Shiv Charan Singh in 2007 learning Aquarian/Kundalini Yoga as taught by Yogi Bhajan. Also known as the yoga of awareness. She had begun her journey with Astanga and has now been doing yoga for 15 years.