

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

CORE ABDOMINALS MASTERCLASS

with Carolyn Cowan



Do you want to expand your self and your practice, build self-esteem, boundaries and physical strength?

If yes! is your answer to any of these questions, then come and join me for a potent 3 hour workshop on the core abdominal muscles of the body.

Yes, it will be challenging, and yes, you will ache the next day, but you will work at your pace and learn how to build core body strength, how that affects your reality and your sense of self.

Please do not eat for two hours before the session.
Not suitable for pregnant women. NB: Minimum 9 months post natal.

Sunday, 4th March 2012
10:00am - 1:00pm / £30

WWW.ALCHEMYTHECENTRE.CO.UK

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