

# RISE AND SHINE

## Yoga Workshop With Liz Dillon

A morning practise workshop with a focus on cleansing and detoxing and setting intentions for the New Year.

You will also learn a yoga sequence for a daily morning practise that can be practised even if you have just 5 minutes!

**When: Sunday 15th Jan 2012**  
**Where: Bermondsey fayre**  
**212 bermondsey street SE1 3TQ**  
**With: Liz Dillon**  
**Cost: £15**