

# DAVID SYE YOGA WORKSHOP

HENRIETTA THEBAULT OF YOGAPULSE IS DELIGHTED TO WELCOME  
DAVID SYE OF YOGABEATS BACK TO JERSEY FOR A WEEKEND OF

## YOGA, MUSIC & PULSING RHYTHMS AT LES ORMES ST BRELADE

David Sye's Yogabeats is now an internationally recognised and distinct form of yoga. Yogabeats is always exploratory. Gone forever are earnestly fixed postures held in reverential silence. Instead music and pulsing rhythms encourage constant shifting movements in the body allowing the practitioner an easy and joyful path to flexibility and wellbeing.

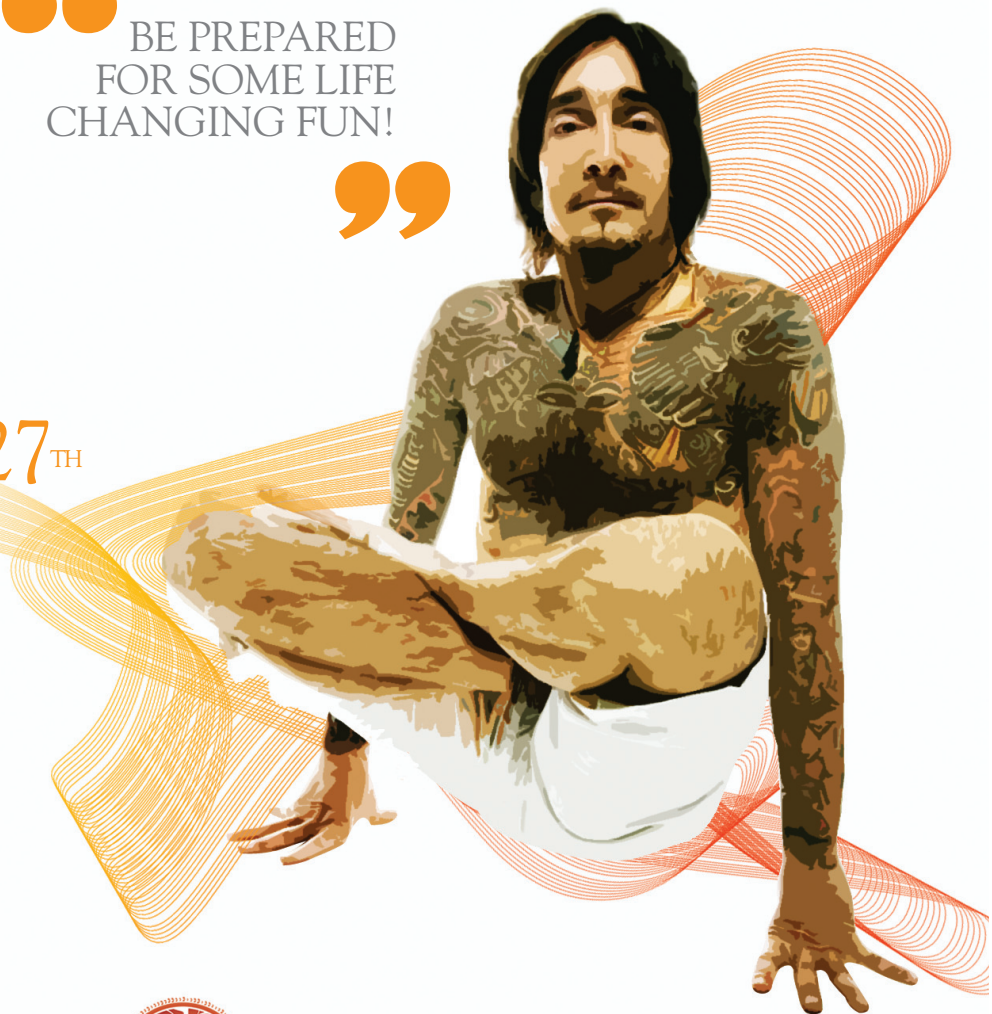
“ BE PREPARED  
FOR SOME LIFE  
CHANGING FUN!

”

FRIDAY 26<sup>TH</sup>  
JUNE 2009  
6.30PM - 9PM

SATURDAY 27<sup>TH</sup>  
JUNE 2009  
10AM - 4PM

SUNDAY 28<sup>TH</sup>  
JUNE 2009  
10AM - 1PM



### BOOKING INFO:

Please contact: Henrietta  
07700 700205 or

E-mail [henrietta@yogapulse.co.uk](mailto:henrietta@yogapulse.co.uk)  
See overleaf for further details.



YOGA  
PULSE  
ACAD

yogabeats

# INFORMATION AND APPLICATION FORM

**VENUE: LES ORMES, MONT A LA BRUN, ST BRELADE**  
In the yoga studio above the Tennis Courts. There is plenty of parking available at the centre.

**£95.00 for Friday, Saturday and Sunday workshop sessions.**

It is envisaged that the majority of students will "immerse" themselves in the whole workshop, however if you wish to attend an individual session, the costs are as follows:

**£25 (Friday 26th June 6.30pm - 9pm approx)**

**£50 (Saturday 27th June 10am - 4pm approx)**

**£30 (Sunday 28th June 10am - 1pm approx)**

## WHAT TO BRING

A yoga mat (although some mats provided), a blanket for relaxation, and normal yoga clothes. On the Saturday, please bring your own light packed lunch and water to drink. Fruit and teas will be provided On Sunday, please bring your own water to drink.

## FURTHER INFORMATION

Please ensure you make Henrietta and David aware of any current and relevant historic medical conditions. Henrietta can be telephoned on 07700 700205 or E-mail: henrietta@yogapulse.co.uk if you have any queries or require further info.

## PLEASE REMEMBER...

Yoga is not competitive, all people are different and vary in strength, flexibility and movement. Yoga is being at one with ourselves. Be happy that you have found yoga no matter what age you are. Listen to your body and what it is trying to tell you when you practice.

I would like to attend the weekend workshop and enclose a cheque / cash, made payable to: Henrietta Thébault

Weekend Intensive (Friday 26th, Saturday 27th and Sunday 28th June 2009) £95.00

Friday evening, 26th June - £25

Saturday, 27th June - £50

Sunday, 28th June - £30

(please indicate which day you wish to attend by ticking the relevant box) My registration details are as follows:-

Name: ..... Phone Number: .....

Address: .....

E-mail: .....

To secure a place, please complete the details above and return this form together with your full payment to: Henrietta Thébault, La Colline, La Rue de la Hague, St Peter, JE3 7DB. (full refunds are not available)

