

Highcliffe Food Festival

Saturday 2nd June

YOGA BREAKFAST

Enjoy an incredible start to your day-

One hour Yoga Workout for all abilities at

9am

Followed by a healthy breakfast at

The Highcliffe Castle Tearooms.

Please wear loose clothing and bring either a mat or towel.

Price: £12

Booking essential. Call Gill Taylor

Direct on 01425 276792 or

Mobile 07538 801733

www.thehealingplace.co.uk

