

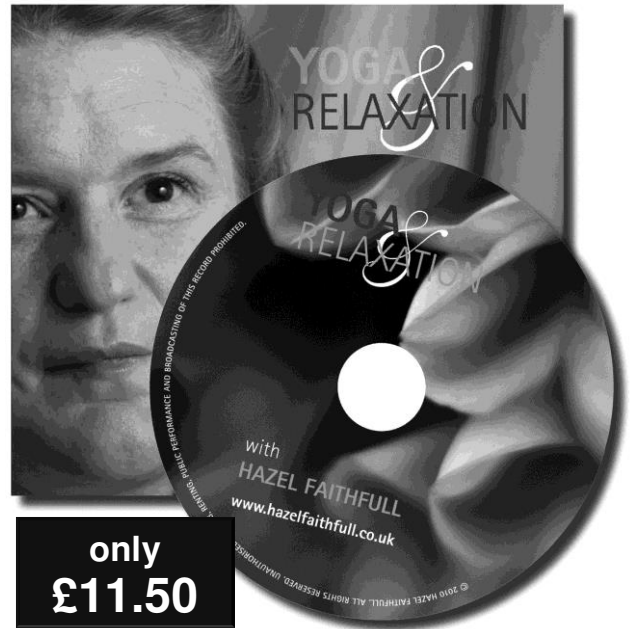
# YOGA & Relaxation

with  
*Hazel Faithfull*

Hatha Yoga teacher Hazel leads you through some gentle basic yoga moves and how to use your breath to calm and centre yourself. She then introduces focussing your mind to let go of the busy chatter our grey matter becomes over burdened with.

The 58 minute CD comes with a colourful booklet giving supporting information and is especially helpful for beginners. The diagrams make following the yoga sequence easy.

To order a copy of the CD please fill in the form and enclose a cheque, made payable to **Hazel Faithfull** and send to: **Hazel Faithfull, 2 Gidley Way, Horspath, Oxford, OX33 1RQ**



*Hazel's voice is so calming, so much easier to relax and let go. I use the CD to de-stress from work and sleep.*

June, Marston

*Moving abroad I so miss class, now I can take Hazel's voice home with me.*

Liz, France

*This is a great introduction to yoga and relaxation. Hazel explains how to relax and meditate in a very straightforward but highly effective way. I find it very helpful, particularly after a hard day.*

Phil, oxford

**[www.hazelfaithfull.co.uk](http://www.hazelfaithfull.co.uk)**

## Booking Form:

Please send me  copies of **Yoga & Relaxation CD @£11.50** each (+£2.50 p+p)  
To order more than one CD please contact Hazel on 07931 743 785 for postage costs

Name

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