

**A bit about me, Marion Ancker**

- I am a certified yoga teacher  
(International Sivananda Yoga Vedanta Centres)
- NLP Master Practitioner  
(International Coach Federation)
- Trained Spiritual Healer (CPS)
- Qualified Reiki 2 Practitioner
- I have over seven years experience in facilitating people fulfil their life with coaching, yoga and healing
- I take a holistic approach tailored to your individual needs



**Find out more about *Spring Beginnings* weekend retreat and book your place at:**

[www.yogaCircle.co.uk/holidays\\_weekends.html](http://www.yogaCircle.co.uk/holidays_weekends.html)

Contact me at [marion@yogacircle.co.uk](mailto:marion@yogacircle.co.uk) or on **07951 657 982** with any questions.



**Have a fresh start and get a boost after Winter.  
Re-energise and connect with your full potential  
at the perfect weekend break...**

# Spring Beginnings

Weekend Retreat

Yoga • Life Coaching • Meditation

Your chance to leave Winter behind, unlock your inner power and start achieving your important goals this Spring.

**Save £20 with our special early bird offer!** (Offer ends 31 Dec 2011)

**Book now:** [www.yogaCircle.co.uk/holidays\\_weekends.html](http://www.yogaCircle.co.uk/holidays_weekends.html)

**When:** 23rd - 25th March 2012

**Where:** Beautiful Holycombe retreat, in a wooded valley, Warwickshire



## NLP Life Coaching

Neuro Linguistic Programming is a transformational coaching method focused on shifting your thinking. It helps you release negative thinking patterns, self-limiting beliefs, and regain such powerful tools as confidence, trust and motivation.

## Yoga and Meditation

Yoga uses exercise and breathing techniques to connect the mind and body, that relax you, and leave you feeling centred, strong and happy. Meditation focuses the mind and fosters self-awareness. It trains your mind so you can face life with clarity, focus and self-belief.

At **Spring Beginnings**, your days will consist of yoga, life coaching, meditation and leisure time. With powerful exercises you will get into action as you unlock your inner strength and get equipped to start achieving your goals.

At **Spring Beginnings** weekend retreat you will:

- Unlock the power that lies within you
- Clarify your goals and get equipped to achieve them
- Gain inner peace and happiness
- Re-energise in tranquil countryside surroundings



**When:** 23rd - 25th March 2012

**Costs:** £275 all-inclusive (Based on shared room, £20 single room supplement)

**Where:** At the beautiful Holycombe retreat, in a wooded valley, Whichford, Shipston on Stour, Warwickshire, CV36 5PH

Make this year your most successful one - **book your place now** at [www.yogaCircle.co.uk/holidays\\_weekends.html](http://www.yogaCircle.co.uk/holidays_weekends.html)

**Enrol before 31st Dec 2011 and save £20 with our early bird discount!**

All levels of yoga including beginners are welcome.

