



## A WEEKEND WITH ERIC FRANKLIN

FRIDAY 16 - SUNDAY 18 JULY 2010  
UNIVERSITY HALLS BANGOR NORTH WALES  
AND WHELDON FUNCTION ROOM

**Cost: £230 to include**

**2 nights B & B SINGLE STUDY EN-SUITE ROOMS  
2 light lunches and 1 evening meal**

***Non-residential £170 inclusive of food***

Please wear loose clothing, bring along your practice mat and your Franklin balls and bands and water.



<b>Friday</b>	7.00 - 9.30	the dynamics of breathing for energy, exercise and rejuvenation
<b>Saturday</b>	10.00 - 13.00	The art and science of postural training
	14.30 - 17.30	Fabulous feet, dynamic base
		Evening meal - venue to be arranged
<b>Sunday</b>	10.00- 13.00	Relax your jaw, balance your spine
	14.00 - 16.30	Conditioning with imagery, balls and bands

**For more details about the day Tel. Elaine on 01248 430147**

.....Please tear off and return with your fee.....

### BOOKING FORM

**I wish to attend the weekend with Eric Franklin on July 16 - 18 2010  
and am booking residential non-residential (circle)**

Name.....(Mr/Mrs/Ms/Miss)

Address.....

Post Code ..... Tel No.....

E-mail address .....

I enclose a deposit of **£65 (non-refundable)**

**(a reminder about the balance will be sent later in 2010)**

**cheque made payable to Yoga.Mon**

Total enclosed = £.....

**Please note - CANCELLATIONS- 2 weeks notice unless sudden  
sickness!**

Please return to: -

Elaine Powell, Berllan, Lon Fain, Dwyran, Anglesey, LL61 6YF

Receipt will be sent by email (otherwise enclose S.A.E.)

Directions will be sent with letter for balance