

# A WEEKEND AWAY FROM MS

A weekend of yoga, relaxation and regeneration away from it all.  
 Learn something new and make new friends, nothing too strenuous.  
 A chance to spoil yourself completely and return home refreshed.

Complementary therapy sessions are available onsite for a small additional charge.  
 Bookings taken on arrival  
 \* Aromatherapy massage \*  
 \* Reflexology \*  
 \* Aqua Detox \*

## Where

Set in 14 acres of beautiful gardens, woods and meadows, Trafford Hall is a Georgian country house located five miles from Chester.

## Cost (Weekend)

£195 per person sharing	£200.00
(£40.00 single room supplement)	£240.00

**Please Bring A Yoga Mat**

Please sign me up for a weekend of relaxation and regeneration!

	Cost	Supplement	Deposit
<b>June 4<sup>th</sup> to 6<sup>th</sup> 2010</b>	£200.00	£40.00	£50.00
<b>October 1<sup>st</sup> to 3<sup>rd</sup> 2010</b>	£200.00	£40.00	£50.00
<i>Supplements are for Single person not sharing a room. All prices are Per Person</i>			

**Name** .....

**Address:** .....

**Telephone:** .....

**Dietary requirements:** .....

I include the sum of £.....  
 For the period starting Friday .....  
 For ..... Person(s)

**YOGA WITH SUE LEE**

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