

# **STRENGTHENING NATURAL IMMUNITY**

## ***Through Yoga & a Plant-Based Diet***

**Kings Langley Community Centre, WD4 8ET**

**Saturday 9th October & Sunday 10th October 10am-4pm  
£165 or £85 for one day (£5 discount if booked by 9 July)**

Learn how diet and lifestyle play a key role in the body's immune function, and discover practical steps you can take to enhance natural immunity. The weekend includes yoga practise, breath work, guided meditation, acupressure, delicious plant based lunches, snacks, cooking class. Recipes & and handouts provided.



**Melanie brings over 25 years of experience as a Yoga Teacher, Health, Dietary & Lifestyle Coach, and Mother. She is based in Hertfordshire.**

**Bini comes with 20 years of experience in the wholefoods community. She works as a cookery teacher and food coach all over Europe and is based in Devon.**

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