



SUNITA  
PASSI

## OPEN DAY

Sunday 11 August 2019 • 11am – 4pm

Join us at the Sunita Passi Wellness Centre and Shop, The Engine Yard, Vale of Belvoir, NG32 1PE where we'll be delivering a range of activities to provide you with information about everything that we have to offer.

We'll be offering complimentary sessions in Ayurveda, yoga, meditation, therapeutic treatments and giving free health checks, for your wellbeing, better ageing and longevity!

Our aim is simple, to offer you the best possible advice and holistic services tailored to your individual needs.

### SCHEDULE: YOGA / MEDITATION STUDIO

- 11am – 12 noon:** *Introduction from the centre founder, Sunita Passi and a 'how to find your dosha' workshop*
- 12.15pm – 1.15pm:** *Relaxing yoga with Pam Scott*
- 1.30pm – 2.00pm:** *Introduction to Medical Herbalism with Victoria Ward*
- 2.15pm – 3.00pm:** *Mindfulness session with Virginia Compton*
- 3.15pm – 4.00pm:** *Transformative yoga with Nzinga Wenham*

### SCHEDULE: 1-2-1 TREATMENT ROOMS

Throughout the day you can also book in with our experts Victoria Ward for a free health check and Virginia Compton for a mini Ayurvedic treatment (£15 for 15 minutes).

### OPEN DAY OFFERS

Enjoy flexible studio plans  
Try our 5 classes for £25 offer  
Take advantage of 10% off all products in the shop

Book on the **MINDBODY** app or at <https://mindbody.io>  
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