



# **“The Path to Physical and Mental Strength”**

## ***Yoga and Sound Workshop***

*Sunday 1st March 2026  
Visitor Centre, Valley Works,  
Rhydymwyn*

In the ancient texts a “**battlefield**” is often used as a metaphor for life.

There is increasingly evidence that **quality of life** (especially as we age) can be massively improved through developing **physical strength, metabolic health** (maintaining stable blood glucose and efficiently producing energy from food) and **mental/emotional resilience**.

The day is taught by Mike Cragg and Rachel Jones. Mike has been teaching Yoga for over 30 years and Rachel is a qualified Sound Therapist.

The morning Yoga session will focus on building physical strength through Yoga and how to improve our metabolic health.

After lunch we will have a short pranayama session followed by a full Gong Bath/Sound session. Sound Therapy heals at many levels and is a perfect complement to our earlier workout.

FREE teas, coffees and cakes are provided at lunchtime.

**Cost—£35 for the day**

**Booking**

01352 741147  
[www.yogapilatesflintshire.co.uk](http://www.yogapilatesflintshire.co.uk)  
[info@yogapilatesflintshire.co.uk](mailto:info@yogapilatesflintshire.co.uk)

