



“Slowing Down to the Speed of Life”

Yoga and Sound Workshop

Sunday 7th June 2026

Visitor Centre, Valley Works, Rhydymwyn

Do you feel stressed, anxious or depressed in this busy and rapidly changing World?

Stress, anxiety and depression lead to lives led miserably –BUT YOU CAN DO SOMETHING ABOUT IT.

Yoga can show us how to use posture, breath and special mind control exercises (**Pratyahara**) to tame the “wild horses” of the mind.

The morning Yoga session will focus on accessing the nervous system via Restorative Yoga and breathwork to bring about a profound mental quietness.

After lunch we will have a short Pratyahara session followed by a full Gong Bath/Sound session to remove any residual tensions and leave you feeling energized and ready to face the World again.

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.

FREE teas, coffees and cakes are provided at lunchtime.

Cost—£35 for the day

Booking

01352 741147

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