

## Wellness Series: Event 1 – Yoga & Networking Brunch

Thursday 27<sup>th</sup> February 2020

8:00am to 10:30am

Foodwell, One New Bailey, Stanley Street, Salford M3 5JL



[@wipnorthwest](https://twitter.com/wipnorthwest)



[Women in Property  
North West](https://www.linkedin.com/company/women-in-property-north-west/)

Women in Property is delighted to invite you to the first event in our Wellness Series.

Start the day with a more relaxed and calmer you, by joining us at Foodwell, the Californian inspired mindful restaurant, for a yoga session (from 8am until 9am) with Amelia Couper, Trainee Paralegal for Forbes Solicitors and trained in Aerial Yoga and Hatha Yoga.



This will be followed by a satisfying brunch that is “kind to the body & soul” and some relaxed networking.

**To Apply:** Please fill out and return the attached form together with your cheque (payable to "Women in Property") to:

**Gwenno Jones**, Buttress, 41 Bengal St Manchester M4 6AF

0161 2338217

[gjones@buttress.net](mailto:gjones@buttress.net)

**Please email event organiser for BACS details; no refunds for cancellations**



**Wellness Series: Event 1 27 February 2020**    **Members £15: Non Members £30**

Name: .....

Company: .....

Contact Tel No: .....

Email Address: .....

Number of places required: .....Member .....Non-Member

Is this your first event?    Yes or No

**National Student Awards 2019**

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By registering for this event you are giving consent for us to hold your details for the purposes of contacting you regarding this event. All information held is used for internal purposes only and will not be disclosed to third parties unless you have expressly granted permission for us to do so. Photography taken at events : names are not identified in photo captions unless with the express consent of the individual concerned at that time.