

# Harness Your Potential Yoga, Mindset and Business-set for Success



- If you've got great plans for you and your business, but your mind spins with a million thoughts.
- If stress creeps in every day your goals get further away from you.
- If you know you're good at what you do, but you don't get all the clients you want.
- If there aren't enough hours in a day to get everything done!
- If you feel guilty when you take time for you and you're not ticking off the tasks on your to do list.

Then this Saturday morning of yoga, goal getting strategies and time for clear thinking will give you step by step strategies you can use straightaway to grow your business.

**Saturday 9<sup>th</sup> February 2019  
From 9.00am to 1.00pm**

Harness Your Potential Workshop shows you how yoga affects your brain, creates calm focus and gives you proven step by step goal getting and business growing strategies.

**Pulford Village Hall, Wrexham Road,  
Pulford, Chester CH4 9NN**

We are supporting local businesses and local communities. That's why we hold our events at local amenities.

There is plenty of free parking on site.

## You Will Receive

- ✓ Yoga to exercise the body, **revitalise** your internal systems and give you a calm, focused mind.
- ✓ What to do when your **brain blocks** your business success.
- ✓ How to develop unshakeable **self-confidence** so you can stride forward resolutely towards the successful and rapid achievement of your goals.
- ✓ The exact steps to **achieving any** business or personal **goal**.
- ✓ 3 step system to **build any business**
- ✓ **Workbook** to take away.
- ✓ Refreshments throughout the morning, including welcome drink, fruit and cake after yoga.

## Your Investment

By working with local communities we create more opportunities for more people and pass our savings on to you.

Gail and Maisie are expert and experienced educators who know successful businesses today need every opportunity for optimisation at every level.

They both love to help people improve their personal and business well being.

Places are strictly limited to 20 people.

Saturday morning of yoga, mindset, business know how and refreshments is priced at £50 per person.

Book your place at  
[www.gailbiddulph.com](http://www.gailbiddulph.com)

## This Is For You...

1. If you run your own business, or have responsibility for a team or generating sales and want clear, calm focus, the edge and know you will see improvements.
2. If you have a business goal and aren't certain how to achieve it, or need inspiration and strategies to get your body and mind working with your business.
3. If you are looking for answers and proven strategies to improve business performance and attract more clients, then Gail, the founder of Body & Business will share strategies that are still overlooked by many successful business owners.

We are sharing simple, yet effective and proven ways, of how healthy bodies and active minds work together with business know how enabling businesses to operate at peak performance.

The yoga session is geared towards business minds and is suitable for all levels of yoga experience. Even if you have never practiced yoga you'll find Maisie's experience shines through at every level. Her easy to follow instructions connect with the heart of every aspiring yogi.

If you're curious about how Iyengar Yoga can help your business, Maisie will show you how focusing on detail, alignment and breathing can sharpen your mind and your business senses.

## Your Hosts

Your hosts are two experienced educators with proven skills in improving health, changing mindsets and growing businesses. Between them they have over 50 years yoga experience and countless years' experience of helping people to succeed in their life and business.



Maisie Langridge, an Iyengar yoga teacher with more than 25 years' experience will lead our morning yoga. She will share how small changes in our bodies directly changes our physiology, psychology and actions influencing our personal and business success.

Maisie draws on her experience as a theatre practitioner, director and teacher. As a masterful observer, experienced educator and talented communicator she reads the subtle signs of the body providing support, confidence and opportunities to grow for everyone in her class.



Gail Biddulph, a business and well being coach has run 4 of her own businesses.

The author of *How Your Brain Blocks Your Business and What You Can Do About It*, has a background in business psychology, business growth and senior IT management. A yoga practitioner from the age of 13 and has 24+ years' experience of the mind, body, business relationship and personal mastery. Gail mentors people from solicitors to tech companies and printers to osteopaths to grow their business.

She created her first success system and applied it becoming the first woman to ride a motorcycle around the coast of Great Britain.

Book your place by visiting [www.gailbiddulph.com](http://www.gailbiddulph.com) or emailing [gail@gailbiddulph.com](mailto:gail@gailbiddulph.com)