
After the workshops we will head to a restaurant called, Da Gurkha (Nepalese). The restaurant owner has kindly allowed us to hold a mini hafla!! So anybody who wants to perform a short piece are welcome to. We have an hour for performances so I am sure we will all have a chance to perform. We will also have the chance to see Melli perform for us!

Meals at Da Gurka are usually around £10-£15 per head, depending on what you get. They are vegan friendly and make the most delicious food! There is no obligation to eat here, but I suspect you will be wanting a good meal after a long day of workshops!

Prices and booking.

Early bird discount ends on 1st May 2016 - £25 per workshop, or £23 if you buy all 3.

£30 per workshop thereafter.

Please either email, or call me on 07732 887 357, to book your place.

Places are only booked once paid for.

Places are limited to 20 per class so Melli can give everyone her full attention.

£6 for the yin workshop. We advise that you bring a towel, and maybe a yoga mat for comfort.

No charge to come to the restaurant, unless you eat of course! Even then, just pay for what you want.

I will provide vegan protein bites and fruit at the breaks, but please feel free to bring your own snacks and drinks.

Travel.

MDI is on Hope street in Liverpool city centre. It is approximately a 10 minute walk from central station or Lime street. I will post more details if requested.

Da Gurkha is on South road in Waterloo. I will have my car so can offer lifts. It is around 15-mins drive from MDI. There is also a train station a few yards from the restaurant, Waterloo station.

We are looking forward to seeing you at our workshops and hope to have a wonderful day, and evening!
See you on 22nd May!

Here is a video of this beautiful performer in action! Enjoy!<https://www.youtube.com/watch?v>