

# Massage Workshop at the St John's Wood Library Open Day

**Massage! You are never too young or too old.  
Massage is a simple and powerful way to relax.**



**Saturday 10<sup>th</sup>  
October  
2 - 3.30pm**

**This workshop will teach you a simple routine you can use on your family/friends. This fun routine is carried out over clothes so there is no need to undress!**

**This free workshop is given by Bodyology Massage School, West Hampstead. For more information look at [www.bodyology.org.uk](http://www.bodyology.org.uk)**

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