



Sheffield Yoga Days

2008

12th October (Sun) Paul Harvey : Yoga and the Stages of Life **

8th November Upasana & Rajesh David : Nada Yoga *

6th December Chris Noon : AUM – for Grounding, Vitality & Peace *

2009

17th January Nicola Birch : Finding Stillness in Asana *

28th February Julie Friedeberger : The Healing Power of Yoga **

20-22nd March Swami Pragyamurti : Residential Retreat
(Waiting List only)

4th April Cathy-Mae Karelse : Ayurveda and Well-being **

16th May Barbara Joseph : Connecting with Mooladhara Chakra
(fear, anxiety, materialism OR strength, stability & balance) **

27th June Ruth White : Spirit of Yoga **



- All days are 10:00am – 4:00pm
- Cost : £20.00 * / £25.00 **
- Venue : Grenoside Community Hall, Sheffield, S35 8PR

For further information call : 0114 - 2338340
www.sheffieldyogaschool.co.uk