



## Sheffield Yoga Days

### 2009

- 19<sup>th</sup> September**     **Swami Satyaprakash** : Yoga of the Heart
- 31<sup>st</sup> October &  
1<sup>st</sup> November**     **Philip Xerri** : Pranayama Foundation - 2 Day Course  
(Waiting list only)
- 5<sup>th</sup> December**     **Chris Noon** : Freedom from Stress & Anxiety

### 2010

- 16<sup>th</sup> January**     **Nicola Birch** : Going Deeper with the Breath
- 27<sup>th</sup> February**     **Jayadhara** (Jane Cluley) : Ajna Chakra :  
Practices for Awakening Intuition
- 19 – 21<sup>st</sup> March**     **Swami Vedantananda** : The Jewel in the Lotus  
(Residential Retreat)
- 25<sup>th</sup> April**  
(Sunday)     **Shakti** (Helen Barker) : Structural Yoga Therapy
- 22<sup>nd</sup> May**     **Swami Sivadhara** : Introduction to 'Vijnana Bhairava  
Tantra'
- 26<sup>th</sup> June**     **Julie Friedeberger** : Working from our Core



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

**For further information call : 0114 - 2338340**  
**[www.sheffieldyogaschool.co.uk](http://www.sheffieldyogaschool.co.uk)**