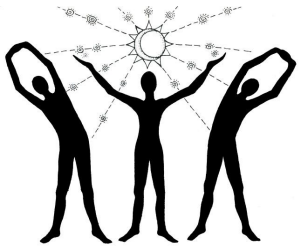

Sheffield Yoga Days

2010

25th September **Krishnadhyanam** : Nada Yoga / Sing Out AUM & The Chakras

23rd October **Maarten Vermaase** : The Stages of Meditation (10.30 – 4.30pm)

4th December **Hannah Penn** : Sun, Fire & Light : Yoga for Winter

2011

15th January **Swami Shraddhamurti** : How to bring Yoga off the mat and into your daily life

12th February **Ruth Gilmore** : Stress and Yoga

18 – 20th March **Swami Pragyamurti** : Drashta : The Witness (Residential Retreat) Discovering the Seer Within

16th April **Nicola Birch** : Transformation through Acceptance

21st May **Swami Satyaprakash** : Mantra Yoga : Working with Prana through Sound

25th June **Swami Yogajyoti** : Pranayama & Pranamayakosha

- *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