



## Sheffield Yoga Days

### 2011

- 17<sup>th</sup> September      Jean Lavers : Yoga for Healing
- 22<sup>nd</sup> October        Ruth Gilmore : You, Your Back & Yoga
- 26<sup>th</sup> November      Chris Noon : Antar Mouna

### 2012

- 14<sup>th</sup> January        Swami Sivadhara : Ajapa Japa
- 24<sup>th</sup> – 26<sup>th</sup> Feb      Swami Vedantananda : A Journey Within...  
(Residential Retreat)
- 3<sup>rd</sup> March            Swami Anasakti : A Day of Mudras
- 21<sup>st</sup> April            Philip Xerri : Pranayama – The Healing Dimension
- 19<sup>th</sup> May             Amarajyoti : Yoga to Balance Mood & Mind
- 23<sup>rd</sup> June            Julie Friedeberger : The Breath of Life



- *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)