

Yoga Days in Sheffield

2006

- 30th Sept Krishnadhyanum : Nada Yoga / Sing Out
- 28th Oct Carolyn Clarke : The Margas
 Opportunities to utilise our Personality
- 2nd Dec Lesley Dike : Intelligent Postures –
 Are you getting the best out of your Yoga practice?

2007

- 13th Jan Swami Anashakti Saraswati:
 A day working with Prana
- 10th Feb Vimuktananda
 Yoga in Daily Life
- 10th March Swami Satyaprakash:
 Mudras and Bandhas
- 28th April Swami Nirmal:
 Yoga Nidra
- 19th May Rebecca Allen / Rambha:
 Developing and maintaining a healthy spine
- 16th June Phillip Xerri:
 Classical Pranayama and beyond

- All days are 10:00am – 4:00pm
- Cost £20.00

For more information contact Hannah Penn or Chris Noon on:

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