



# Sheffield Yoga Days

## 2007

**29<sup>th</sup> September**    **Lesley Dike** :    Yoga with a Twist

**27<sup>th</sup> October**        **Amarajyoti** :    Working with Chakras

**1<sup>st</sup> December**        **Swami Anashakti** :    Asana, Pranayama & Meditation

## 2008

**19<sup>th</sup> January**        **Rebecca Allen** :    'Calm and Create' : Yoga techniques  
to calm your world & release your creative potential.

**23<sup>rd</sup> February**        **Jean Lavers** :    Yoga for Healing

**29<sup>th</sup> March**            **Swami Satyaprakash** :    Movement and Stillness

**19<sup>th</sup> April**             **Swami Pragyamurti** :    Tools for Transformation \*\*

**17<sup>th</sup> May**                **Swami Vedantananda** :    Living Yoga \*\*

**21<sup>st</sup> June**                **Philip Xerri** :    The Dynamic Breath, AUM & the Chakras

**12<sup>th</sup> October (Sun)**    **Paul Harvey** :    Yoga and the Stages of Life \*\*

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

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