



Sheffield Yoga Days

2015

- **12th September** : Amarajyoti : Managing Anxiety and Depression
with Yoga & Mindfulness
- **17th October** : Rebecca Allen : Developing a Personal Practice in
Pranayama & Meditation
- **7th November** : Leela Miller : Dynamic Stillness – Breath & Yoga Nidra
- **5th December** : Andy Curtis-Payne : Yoga & Society / Yoga for modern living

2016

- **16th January** : Helena Turner : Overcoming Obstacles
- **13th February** : Marilyn Heginbotham : What is Yoga?
- **19th March** : Rajesh David : Sound to Silence
- **23rd April & 24th April** : Swami Gyan Dharma : Transformative Power of Awareness
(2 Day Course)
- **14th May** : Swami Krishnapremananda : The Koshas – Exploring the
Nature of our Embodied Self
- **25th June** : Hannah Penn : Exploring the Heart Space
- **23rd July & 24th July** : Lesley Dike : Yoga & The Spine (2 Day Anatomy Course)



Cost : £30.00

All days are 10:00am – 4:00pm

Venue : Grenoside Community Hall, Sheffield, S35 8PR

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www.sheffieldyogaschool.co.uk