



## Sheffield Yoga Days

### 2016

- 17<sup>th</sup> Sept : **Carolyn Clark** : Sense & Sensibility!
- 8<sup>th</sup> Oct : **First Aid Training** : for Yoga Teachers  
(Certified Training Day : £65)
- 22<sup>nd</sup> Oct : **Jean Lavers** : Pranayama – The Vasishta method
- 26<sup>th</sup> & : **Peter Blackaby** : Structure, Function & Form  
27<sup>th</sup> Nov (2 Day Course : £95)

### 2017

- January – July : **Philip Xerri** : Pranayama Foundation Course  
(See website for info & booking form)
- 21<sup>st</sup> Jan : **Chris Noon** : Reclaiming Space & Harmony in Modern Life
- 4<sup>th</sup> March : **Brahmananda** : Yoga Psychology & the Chakras
- 13<sup>th</sup> May & : **Amarajyoti** : Yoga, Mindfulness & Mental Health  
14<sup>th</sup> May (2 Day Course : £95)
- 8<sup>th</sup> July : **Madhuri** : Mudras – Silent Hands, Silent Mind

Days cost : £35.00

Venue : Grenoside Community Hall, Sheffield, S35 8PR



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[www.sheffieldyogaschool.co.uk](http://www.sheffieldyogaschool.co.uk)