



## Sheffield Yoga Days

- 20<sup>th</sup> September : **Lesley Wood** (Namrata Devi) : Letting Go
- 18<sup>th</sup> October : **Brahmananda** : Pratyahara & Meditation
- 22<sup>nd</sup> November : **Maarten Vermaase** : Progressive Stages of Pranayama  
23<sup>rd</sup> November (2 day course)
- 6<sup>th</sup> December : **Gill Cawte** : A Day of Yin Yoga

### **2015**

- 17th January : **Rebecca Allen** (Rambha) : An Exploration of OM
- 27<sup>th</sup> Feb – 1<sup>st</sup> March : **Chris Noon & Hannah Penn** : Discovering the Witness
- 14<sup>th</sup> February : **Jane Cluley** (Jayadhara) : Anahata: Opening the Heart Space
- 14<sup>th</sup> March : **Peter Blackaby** : Intelligent Yoga
- 25<sup>th</sup> April : **Chris Noon** : Mantra & Meditation
- 16<sup>th</sup> May : **Hannah Penn** (Hari Om) : Yoga : Living in Nature
- 27<sup>th</sup> June : **Philip Xerri** : Classical Pranayama, Therapeutic Variations  
& the Dynamic Breath



Cost : £30.00

All days are 10:00am – 4:00pm

**Venue** : Grenoside Community Hall, Sheffield, S35 8PR

**0114 - 2338340**

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