



Sheffield Yoga Days

2011

- 17th September Jean Lavers : Yoga for Healing
- 22nd October Ruth Gilmore : You, Your Back & Yoga
- 26th November Chris Noon : Antar Mouna

2012

- 14th January Swami Sivadhara : Ajapa Japa
- 24th – 26th Feb Swami Vedantananda : A Journey Within...
(Residential Retreat)
- 3rd March Swami Anasakti : A Day of Mudras
- 21st April Philip Xerri : Pranayama – The Healing Dimension
- 19th May Amarajyoti : Yoga to Balance Mood & Mind
- 23rd June Julie Friedeberger : The Breath of Life



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

For further information call : **0114 – 2338340**
www.sheffieldyogaschool.co.uk