



Sheffield Yoga Days

2012

- 22nd September **Swami Gyan Dharma** : Cultivating Awareness through
Yoga & Meditation
- 27th October **Lesley Wood** : Preparing for Winter
- 17th November **Krishnadyanam** : Who Am I?
- 30th Nov – 2nd Dec **Sw. Shraddhamurti** : The Chakras – A Practical Approach
- 8th December **Hannah Penn** : Sun Fire & Light

2013

- 19th January **Chris Noon** : Finding Stillness & Silence
- 9th February **Krishnapremananda** : The Bandhas: Core practices of
Hatha Yoga
- 22nd – 24th Feb **Swami Satyaprakash** : Yoga of the Heart
- 23rd March **Maarten Vermaase** : Towards Meditation (10.30am – 4.30pm)
- 27th April **Yogajyoti** : Hridayakasha (Heart Space) Dharana
- 1st June **Swami Nirmal** : Prana Pranayama and Prana Vidya
- 29th June **Brahmananda** : Mantra & Yantra



Cost : £25.00

All days are 10:00am – 4:00pm

Venue : Grenoside Community Hall, Sheffield, S35 8PR

For further information call : 0114 - 2338340

www.sheffieldyogaschool.co.uk