



## Sheffield Yoga Days

### **2013**

21<sup>st</sup> September **Swami Gyan Dharma** : Cultivating a Positive Mind

19<sup>th</sup> October **Philip Xerri** : Pranayama and the Chakras

16<sup>th</sup> & 17<sup>th</sup> November **Swami Vedantananda** : A Meditation Course

7<sup>th</sup> December **Lesley Dike** : The Anatomy of Balance

### **2014**

18<sup>th</sup> January **Caroline Clarke** : Softening the ties that bind

21<sup>st</sup> - 23<sup>rd</sup> February **Swami Nishchalananda** : Sri Vigyana Bhairava Tantra  
(Residential Weekend)

15th March **Maarten Vermasse** : Towards Meditation  
(10.30 – 4.30)

12th April **Hannah Penn** : Unwind & Recharge

10th May **Swami Krishnapremananda** : The Power & Potency of Mantra

7th June **Chris Noon** : Returning to Centre, Finding Strength Within



*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)**