

An Afternoon Of Yoga

At

The Space,

Yoga & Healing Studio

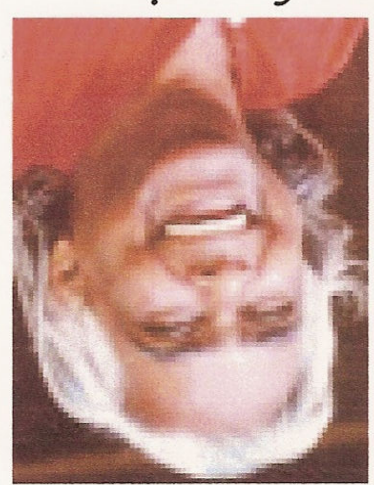
Saturday 17th October
2pm – 5pm
£25.



Swami Sivananda
1887-1963



TRUE WORLD ORDER



Swami
Vishnu-devananda
1927-1993

This afternoon of yoga will be a chance to take your practice to a deeper level with a 3 hour class focusing on the teachings of Swami Sivananda and Swami Vishnu-devananda - the inspiration for and founder of the International Sivananda Yoga Vedanta Centres. The class will follow a traditional Sivananda class with a chance to practice some of the more dynamic variations of the classic postures.

The class will be taken by Vicki Austin a teacher trained in the Sivananda tradition

FOR MORE INFORMATION OR TO BOOK A PLACE
CONTACT THE SPACE

T: 01844 202398 M: 07791 165998 M: 07947 149675
Or book online www.thespacethame.com