

Flex your body, Calm your mind,
Inspire your life

YOGA

Autumn Term 2010

Starting:

Tues 7 Sept 7.45pm Little Ouseburn Hall
Thurs 16 Sept 1.30pm Great Ouseburn Hall
Thurs 16 Sept 7.30pm Easingwold Catholic Hall

Kirtan (chanting)

Friday 6th August, 7pm, Easingwold YO61 3PJ

You are invited to an evening of kirtan with Richard Roberts (Krishnadhyanam) who will sing chants from his latest CD and show photos of the work of Nirvanavan Foundation in Rajasthan. Even if you are new to chanting or nervous about singing you are very welcome to come along and listen.

Cost: FOC. Donations for the work of the Foundation.

Private Yoga Lessons

One to one classes let the tuition be personalised to you and *your* focus, at a time to suit you, fit in with *your* lifestyle and can supply you with your own personalised practice plan. The sessions could help alleviate conditions such as back or neck aches, asthma, stress, anxiety and insomnia.

Beginners very welcome

New members welcome to join at any time

Jane Cluley Tel: 07906 652669

janecluley@tiscali.co.uk

www.yogandshiatsu.co.uk

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