

Jayadhara - Calendar

Events at Wigginton Recreation Hall, YO32 2JP
unless otherwise specified

27 th November 2012	Yoga & Mindfulness
15 th January	Ajna Chakra ~ practices for awakening intuition Calderdale Yoga Centre, Hebdon Bridge HX7 7D
12 th February	Yoga & Mindfulness West Yorkshire Federation, Bramhope
20 th May	Yoga for Mental Health – Anxiety & Depression Dr Jenni Connaughton (Bijam)
29 th June - 1 st July	Yoga Weekend Retreat Ampleforth Abbey, York YO61 4EN
8 th September	BWY Foundation 1 Course St Olave's Hall, York YO30 7 BJ
6 th October	Ayurvedic Yoga Therapy – Shakti Bhakti
10 th November	Tools for Transformation – Sw. Pragyamurti
November	BWY Foundation 2 Course York – venue tba

Enquiries and Booking

For further information, please check my website or contact Jayadhara.

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www.yogandshiatsu.org.uk

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