

Upcoming Events

Date	Time	Event
Thursday 2 Sept	10:30 – 12:00	Pregnancy Yoga course starts – Charlotte Huggins (7 wks) please call to join this late.
Saturday 4 Sept	All day	Advanced Asana Workshop with Vaz – Inversions
Sunday 5 Sept	10:30 – 4:30	Pilgrimage through the Chakras ~ Swami Saradananda
Saturday 11 September	All day	Therapy Discovery Day : therapies/classes
Sunday 12 September	9 – 4pm	5 Elements of Flow Yoga Workshop with Dhanashri
Tues 14 September	7 – 9pm	Atma Kriya course with Dhanashri (8 weeks)
Tuesday 14 Sept	12:00 – 12:45	Pilates Class – 7 week course starts with Eileen Fraser
Sat 18 September	10:30 – 5pm	Meditation for Life 1 workshop – Leon Deith
Sat 18 September	7 – 9pm	Illumina – Kirtan concert with Sean and Lila
Sunday 19 September	2pm – 4:30pm	Unlock your gifts hidden in your DNA- Martha Cuffy
19 Sept – July 2011	1 day a month	6 Month British Wheel of Yoga with Jacqueline Purnell
Thursday 23 Sept	10:30 – 12:00	Taiji (Tai Chi) 7 week program with Paul Brewer starts
Friday 24 September	7:30 – 9:30	Uma Kriya evening
Saturday 25 September	10 – 5pm	The Path of Kriya Workshop with Uma
Sunday 26 September	11 – 1pm	Kriya Festival of Light Celebration
Sunday 26 Sept	5:30 – 7:30pm	Ramana Maharshi Satsang with Sean Campbell
28 Sept – 2 Oct	Evenings	Week long Buteyko Breathing training~Christopher Drake
Saturday 2 October	1:30 - 5	Releasing inner anger with Sita Kamala
Sunday 3 October	12 – 5pm	Wedding Fair at Bridge House Hotel – marketing
Friday 8 Oct	7:30pm	Bharatnatyam Dance with Ganga Grace – trad, Indian
Sat 9, Sun 10 Oct	All day	2 day Workshop ~ Ganga Grace – Bharatnatyam Dance
Sat 9 Oct	10:30 – 5pm	Meditation for Life 1 workshop – Leon Deith
Sun 10 Oct	10:00 – 4pm	True Soul awareness Workshop – Sharon Hall
Sunday 17 October	10 – 5pm	Introduction to Shamanism with Rob Burton
Sat 23 October	9 – 4pm	Meditation for Life II workshop – Leon Deith (follows I)
29, 30, 31 October	all	Talk/Intro to Hawaiian Ho opono Martin Carruthers
Sat 6 November	10 – 5:30	Living with Yoga and Ayurveda
Sat 6, Sun 7 November	10 am – 4pm	Yoga of Non-duality workshop – James Schwartz (Ram)
Saturday 13 Nov	10:30 – 5pm	Meditation for Life 1 workshop – Leon Deith
Sunday 14 Nov	5:30 – 7:30	Kirtan Concert with Narayani and Jason

Please note : all workshops should be booked at the Reception 01737 222 400 or info@YogaAnanda.co.uk

For the latest news and any other workshops planned, please see www.YogaAnanda.co.uk/workshops

Class Timetable for the Coming Week

Monday 6 th September 2010		
09:30 - 10:30	Yoga Rhythm	Charli
10:00 - 11:00	Start the day gently with Yoga	Veena
12:30 - 13:30	Deep Stretch Yoga	Dhanashri
17:30 - 19:00	Yoga Flow with Dhanashri	Dhanashri
19:00 - 20:00	** # NIA Dance Class restarts 6/09	Emma - NIA
19:15 - 20:15	Gentle/Beginners Yoga Flow	Dhanashri
19:00 - 20:15	Strong Yoga with Awareness	Veena
19:30 - 20:30	** Street Dance **	Charli
20:15 - 21:30	** Drop In Yoga **	Leon
Tuesday 7 th September, 2010		
10:30 - 12:00	** # Restore and Relax Yoga course	Emanuela
10:30 - 12:00	Yoga Flow with Dhanashri	Dhanashri
10:30 - 11:30	Meditation for Life	Leon
14:00 - 14:45	** # Pilates - Beg/Int (starts 21/09)**	Eileen Fraser
17:30 - 19:00	Yoga Flow with Dhanashri	Dhanashri
19:00 - 20:00	Beginners Yoga	Veena
19:00 - 21:00	** Atma Kriya Program :see website	Dhanashri
19:00 - 20:00	Yoga Rhythm	Charli
20:15 - 21:30	Community Meditation/Spiritual Film	All
20:15 - 21:30	** Yoga Beginners course**	Joe Gillam
Wednesday 8 th September 2010		
07:00 - 08:30	Sunrise Yoga with Leon	Leon
09:15 - 10:30	Yoga with Awareness- Veena	Veena
09:30 - 10:30	Yoga Rhythm	Charli
10:30 - 11:30	Meditation for Life	Leon
12:00 - 13:15	Drop in Yoga	Leon
18:00 - 19:15	**# Adult Ballet starts 8/9- book	Sally
18:00 - 19:15	Kundalini Yoga Drop in Yoga	Sita
19:00 - 21:00	Kriya Satsang	Leon
19:00 - 20:30	Yoga with Awareness - Strong	Veena
19:30 - 20:30	** # Zumba Dance starts 8/9 - book	Cecile

Thursday 9 th September 2010		
09:15 - 10:30	Beginners Class	Veena
09:15 - 10:30	Yoga Flow with Dhanashri	Dhanashri
10:30 - 11:45	Gentle Restorative Yoga	Veena
10:30 - 11:30	Meditation for Life	Leon
10:30 - 12:00	** # Pregnancy Yoga** start TODAY	Charlotte Huggins
10:30 - 12:00	** # Taiji (Tai Chi) ** starts 23/9	Paul Brewer
13:00 - 14:00	Drop In yoga	Leon
17:30 - 19:00	Yoga Flow with Dhanashri	Dhanashri
18:00 - 19:00	** # NIA Dance** restarts 02/09	Emma
19:00 - 20:00	** Bollywood Dance **	Charli
19:00 - 20:15	Yoga Flow with Dhanashri	Dhanashri
19:00 - 20:00	Meditation for Life	Leon
20:15 - 21:30	** Yoga with Awareness	Veena
20:30 - 21:30	** Om Healing 26/8 9/9 23/9	Dhanashri
Friday 10 th September 2010		
09:15 - 10:30	Kundalini Beginners	Sita
10:00 - 10:45	** # Mom & Toddlers Yoga** Sept	Teresa
10:30 - 11:30	Meditation for Life	Leon
10:30 - 11:45	Kundalini / Yoga Flow alternate	Sita/Dhanashri
13:00 - 14:30	Drop in Yoga	Leon
18:00 - 19:30	Drop In Yoga	Leon
Saturday 11 th September 2010		
08:30 - 10:00	Drop In Yoga	Audrey Brun
10:00 - 11:15	Kundalini Yoga Drop in class	Sita
12:00 - 13:15	** Beginners Kundalini Yoga **	Sita
Sunday 12 th September 2010		
10:00 - 11:30	Advanced Yoga class	Veena
17:30 - 19:30	# Satsang	Veena
# New casses in September - please note many are courses- pls book Classes marked ** must be booked, call ahead, cancel 6 hours before!		

Please check the website for any changes
www.yogaAnanda.co.uk, or call 01737 222 400