

Upcoming Events and Centre News!

Date/Time/Details	Event
FEBRUARY 2012	
Sat 04 10.00-17.00	Womb Wisdom
Sun 05 14.30 -16.00	Kirtan-Concert with Jai Kartar by donation
Wed 08 17:30- 18:30	Childrens Akido £4
Wed 08 19.00-21.00	Introduction to Pranic Healing £10
Fri 10 – 19:30 -21:00	Sonic Enchantment – sound bath £12
Sat 11 10.00 -17.00	Meditation for Life £50
Sun 12 10:00 – 17:00	Meditation for Life Level 2 £50 – tackling our negative thoughts
Sun 19 09.30-19.00	Crystal Clear Life Seminar £97
Tues 21 19:00- 21:00	Pranic Healing Meditation by donation
Fri 24 19:30-21:30	Earth Spirit Attunements £18
MARCH	
Fri 02-Sun 04 10.00-18.00	Soul Work Practitioner Course £1000
Fri 4 12:30 -14:30	Ayurvedic Thali Sunday with Ratna £14.95
Fri 09 19.30-21.00	Pamela's Yoga Dance £10
Sat 10 10.00-17.00	Meditation for Life I Workshop £50
Sun 11 10.00-17.00	Meditation for Life II Workshop £50
Thur 15 19.30-21.00	Exploring Meditation Course £75 for 6 weeks, or £55 for 4 weeks
Sat 17 10:00- 17:00	Meditation for Life III £60
Tues 27 19:00- 20:30	Yoga Foundation Course 10 weeks £100
APRIL	
Sat 07 10.00-17.00	Meditation for Life I and II £50
Sat 21 11.00-13.30	Mind & Body Cleanse Workshop £30
MAY	
Fri 04 19.30-21.00	How to Have Fun in Hard Times £10
Sat 05 10.00-12.30	Spirit-in-Nature for Perfect Well-being £25
Thurs 24-Mon 28 07.00-20.00	Pilgrimage to Assisi and Ananda £140 flight Full board £200-£250
SEPTEMBER	
Sat 22 09.00 Fri 17 May 2013	Yoga Teachers Training – £1995 register at reception for details
Sat 29 10.00-17.00	Art From The Heart Workshop £55

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 *(check online for changes)*

Monday (Timetable repeats weekly)		
10:00 – 11:30	Drop-in Yoga for all	Tony Parsons
17:30 – 19:00	Kriya Energising and 'The Work' Byron Katie	Leon
19:00 – 20:00	Pilates for All	Johanna O'Neill
19:00 - 20:00	NIA Dance	Emma Townsend
20:00 – 21:15	Hatha Yoga – Drop in	Leon
Tuesday		
10:00 – 11:30	Drop in Yoga	Leon
16:30 – 17:30	££ <i>Children's Acrobatics</i>	Charli
17:30 – 19:00	Yoga Flow	Charli
19:00 – 20:00	<i>Yoga Rhythm</i>	Charli
19:00 – 20:15	10 week Yoga Foundation course next one starts -27 th March –need to book	Leon
Wednesday		
10:00 – 11:30	Drop in Hatha Yoga	Leon
10:00 – 11:30	Gentle Yoga	Tony
17:30 – 18:30	£4 Childrens Akido	Darren
18:00 – 19:15	Yogalaties	Pamela
18:00 - 19:15	£9 <i>Adult Ballet from restarts on 11/1/11</i>	Sally Fredericks
19:00 - 19:30	£6 <i>Pointe work for all</i>	Sally Fredericks
19:15 – 21:00	Kriya Satsang	Leon – free event
19:30 - 21:00	££ <i>Aikido Spirit – for all</i>	Darren Bond
19:30- 21:00	Drop – in Yoga for all	Pamela
Thursday		
10:00 - 11:30	Yoga Flow	Dhanashri
10:00 – 11:30	Gentle Yoga	Tony
10:30 – 11:45	££ <i>Healing QiGong</i>	Paul Brewer
11:50 – 12:50	££ <i>Heaven Mountain TaiChi</i>	Paul Brewer
17:30 - 19:00	Yoga Flow	Dhanashri
19:00 – 20:00	Zumba	Cecile
19:00 - 20:15	Yogalattes (Yoga/Pilates)	Dhanashri
Friday		
10:00 – 11:30	Kundalini Yoga	Jai Kartar Kaur
12:00 – 1:15	Drop in Yoga for all	Leon
18:00 – 19:30	Stress Busting Yoga	Tony Parsons
Saturday		
9:00 – 10:30	Yoga Class strong	Pamela
10:30 – 12:00	Kundalini Yoga	Jai Kartar Kaur
11:00 – 12:15	Drop in Yoga for all	Tony Parsons
Sunday		
10:00 - 11:30	Yoga class strong	Charli
17:30 - 19:30	Satsang/Meditation	Jai Kartar
** <i>Please BOOK for classes marked ** 01737 222 400</i>		
££ <i>Please book for these classes, and pay Teacher DIRECTLY</i>		