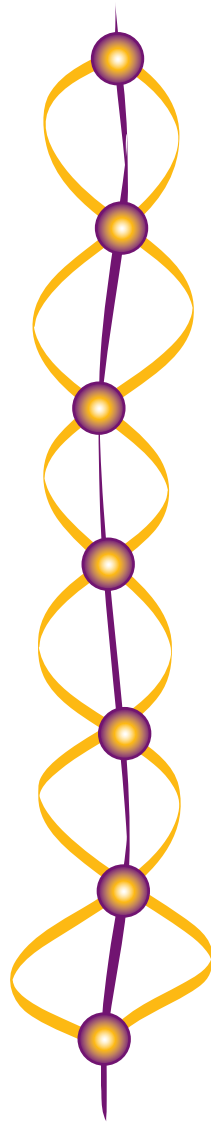




*Yoga asana, nidra
and mantra*

Bridget Whitehead

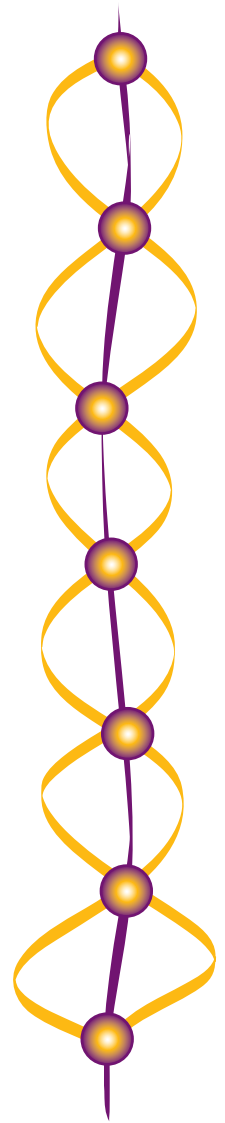
Sunday 29 April 2012
The Sir Arthur Conan Doyle Centre
25 Palmerston Place,
Edinburgh EH12 5AP



*Yoga asana, nidra
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Yoga

events and workshops with the Inner Yoga trust

telephone 01730 261001 or visit www.inneryoga.org.uk

The Inner Yoga Trust, 17 Tilmore Road, Petersfield, Hampshire, GU32 2HJ registered charity no1068211



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The teacher
Bridget Whitehead



Bridget Whitehead has been practising yoga since 1989 and has been

teaching since 1999. She has completed both the BWY teaching diploma and the Inner Yoga Trust's Teachers Awareness Programme. She is incredibly interested in the healing effects of yoga and it's ability to transform and change peoples lives. Reconnecting to the body through asana, breath awareness and meditation empowers us to let go of limiting beliefs, traumas and conditioning that hold us back in every day life.

Booking enquiries to Kay Hush:
Tel: 0131 334 7057
Email:
kay@inneryoga.org.uk

Booking form A day of Asana, mantra and nidra 29 April 2012 - Edinburgh, Scotland
Name

Address

Telephone

Email

I enclose a cheque payable to the 'Inner Yoga Trust' for £

Members must quote a valid IYT membership number to claim the members' price.
IYT number Send an SAE if you want a receipt

Please return form to: Kay Hush 2C, Caroline Terrace, Edinburgh, EH12 8QY
If you would like to join the Inner Yoga Trust please contact the office on 01730 261001

10am - 1pm
Asana class with awareness of the energy centres / chakras, and use of the Bija mantra for each centre.

1pm - 2pm - lunch

2pm - 4pm
Finding your comfortable seat for sitting and practice of the Gayatri Mantra. The day will finish with the practice of Yoga Nidra

29 April 2012
The Sir Arthur Conan Doyle Centre
25 Palmerston Place,
Edinburgh EH12 5AP

Class times 10am - 4 pm
Tuition fee - £40.50 IYT members / £45 non members

Please book and pay in full at the time of booking and by Friday 6 April. If you have paid in full and are unable to attend let Kay know by Friday 13 April and you will get a refund less £10 administration charge. Refunds are not possible after this date.

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