

MONTHLY YOGA WORKSHOPS FOR 2012

for yoga teachers and students who have been practising yoga for a while...

a chance to:

- develop your own practice and teaching
- go into postures in more depth
- explore topics of your choice not always covered in weekly classes e.g. pranayama, meditation, philosophy, anatomy
- support each other and build community

dates

January 27 (Friday)

February 11 (Saturday)

March 2 (Friday)

April 20 (Friday)

May 26 (Saturday)

June 15 (Friday)

July 14 (Saturday)

Time: 10a.m. - 12.30p.m. followed by tea and biscuits if you want till 1 p.m. (ish)

Venue: Bristol Zen Dojo, 91 - 93 Gloucester Road, Bristol BS7 8AT.

Cost: £20.00 per class if you pay in advance or £25.00 if you pay on the day. Concessions are available on cases of financial hardship - please give me a ring.

To Book: You can book provisionally by phone or email, and then confirm your booking by sending a cheque, made payable to Sarah Waterfield, to the address below. Indicate which date(s) you are paying for. Your cheque should arrive at least one week before the date of the workshop.

If it gets near the date and you have not booked but still want to come, there may well be spaces - please enquire by phone or email and then pay on the day, but it might cost you £5 more!

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