

## **Satyananda Yoga Days in Manchester -2010**

Three dates have been booked with well respected UK  
Satyananda Teachers

These days will take place from 10-4pm  
at the Village Hall, a beautiful private space in  
Didsbury, Manchester

Cost will be £25  
(each person attending will also be asked to  
bring a vegetarian dish to share)

Refreshments will be provided

- Sunday 7<sup>th</sup> March Vimuktananda

### **Deepening your Experience of Meditative Practices**

- Sunday July 11<sup>th</sup> Krishnapremananda

### **The Practice of Yoga in Daily Life**

- Sunday November 7<sup>th</sup> Rajesh David and Upasana

### **Music, Mantra and Meditation-the Way of Nada Yoga**

Everyone is very welcome  
These days are suitable for Beginners and  
those with some experience of yoga

**To book or for further info about these workshops or regular  
Beginner/ Progressive Beginner Satyananda Yoga Classes in  
Didsbury, Manchester please call Sara Adler on 0161 445 4626**