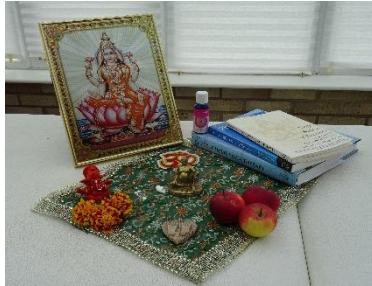


The Fruits of Yoga Practice

Shakti Bhakti (Helen Barker)

10am – 4pm, Sunday 2nd June 2019

Shipton Community Centre, Main St, YO30 1AA



Through practice of mantra, mudra and vinyasa, discussion and contemplation we will consider the variety of benefits and accomplishments that a regular yoga practice may bring; guided by Patanjali's Yoga Sutras and the Doshas of Ayurveda.

Tutor: Shakti Bhakti (Helen Barker)

Shakti Bhakti is an experienced Structural Yoga Therapist™ who trained directly with Mukunda Stiles, now also a Suksma Marma Therapist. A former BWY Diploma and Foundation Course tutor, she works with groups and individuals to bring harmony into their lives.

YogaNamaste.co.uk



Enquiries and Booking

For further information, please contact Jayadhara (Jane Cluley). To secure your place, send Name, Address, Telephone with a cheque for £40 or email and payment by BACS to J Cluley Sort Code 09-01-27 account 38203361

Confirmation will be sent by e mail, unless an SAE is enclosed
Please bring a contribution to a shared vegetarian lunch, drinks will be provided.

Moonrise, Low St, Husthwaite, York YO61 4QA
Tel: 07906 652669 e-mail: janecluley@tiscali.co.uk www.yogandshiatsu.org.uk

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