



Somewhere over the Rainbow

A soulful journey through the chakras

with Jayadhara

Saturday 23 September 9.30 – 12.30

New Earswick Methodist Hall, York YO32 4AQ

Jayadhara (Jane Cluley) began yoga at eighteen and has been teaching since 1988, she runs local classes, workshops, yoga holidays and tutors BWYT Foundation and Diploma courses. She has an interest in yoga for managing mental health, working with prana and yoga philosophy. She enjoys sharing her experience and helping others to flourish physically, mentally, emotionally and spiritually using the tools and techniques of yoga.



Enquiries and Booking

To secure your place, send Name, Address, Telephone with a cheque for £20 or email and payment by BACS to J Cluley Sort Code 09-01-27 account 38203361

Please wear colourful clothes and bring colourful cloths, shawls to have fun with colours as part of our practice.

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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