

# Lectures and Asana Classes

## With Swami Kailasananda

### Yoga Acharya



Swami Kailasananda, is Yoga Acharya of the Sivananda Yoga Vedanta Centres in England and France.

**Monday 14 January, 4pm**

Asana class: Dissolving stress through stretching



**Tuesday 15 January, 4pm**

Lecture: Breath, the essence of life



**Wednesday 16 January, 4pm**

Asana class: Deepening the pranayama experience



**Thursday 17 January, 4pm**

Lecture: Meditation – deepening the awareness of the Self



**Friday 18 January, 6pm**

Lecture: Inspiration from the *Bhagavad Gita*: Staying positive in the midst of life challenges



**Sunday 20 January, 10.30am**

Asana class: Inspire creativity through asanas

**Asana Class:** Members £8.50, Non-members £12.50, Concession £8, 1 tick on class card.

**Lecture:** Members £8.50, Non-members £12.50, Concession £8, 1 tick on class card.



**Sivananda Yoga Vedanta Centre**

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