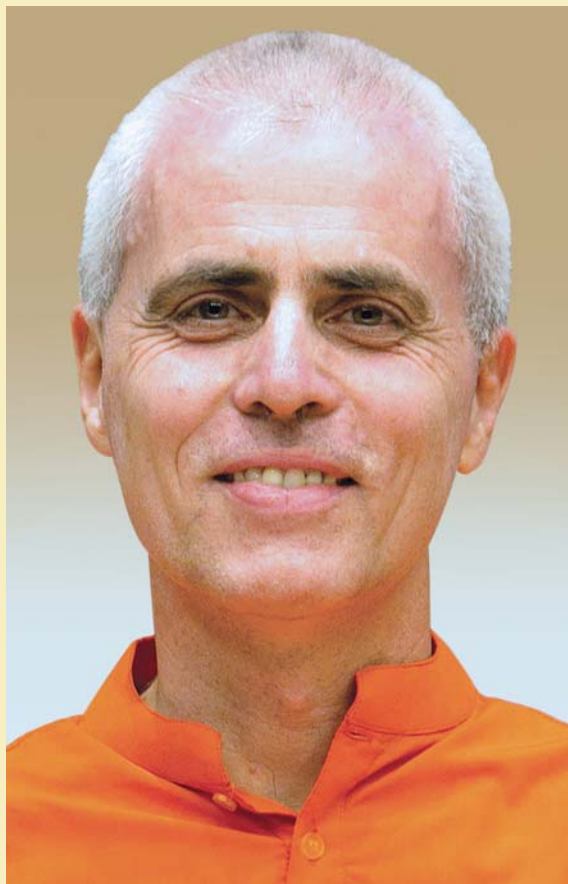


Lectures and Asana Classes

With Swami Sivadasananda

Yoga Acharya



Swami Sivadasananda is Yoga Acharya of the Sivananda Yoga Vedanta Centres in Switzerland and Spain.

Monday 14 January, 6pm

Lecture: Relax and channel mental energy through sound vibration



Tuesday 15 January, 5.30pm

Asana class: Mobility, strength and flexibility



Wednesday 16 January, 6pm

Lecture: Inspiration from the life of Swami Sivananda



Thursday 17 January, 5.30pm

Asana class: From the extremities to the spine



Friday 18 January, 4pm

Asana class: Relaxing your back



Saturday 19 January, 4pm

Asana class: Recharging your solar plexus



Sunday 20 January, 4pm

Asana class: From tension to joy

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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