

# Asana Classes

## With Swami Kailasananda

### Yoga Acharya



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**Sunday 5 May, 10.30am**

Asana class: Dissolving tension through deep breathing

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**Monday 6 May, 4pm**

Asana class: Stimulating the solar plexus through asanas and pranayama

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**Wednesday 8 May, 7pm**

Asana class: The meditative asana experience

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

**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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