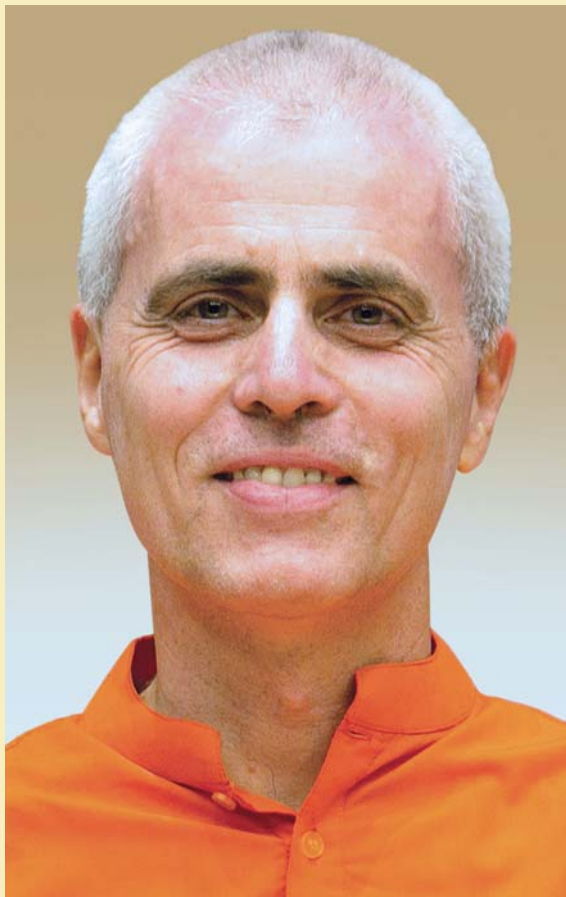


Lecture and Asana Classes

With Swami Sivadasananda

Yoga Acharya



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Sunday 5 May, 4pm

Asana class : Dynamic forward bends

..... 🌸

Monday 6 May, 2pm

Lecture: Serve, love, give, purify,
meditate, realise

..... 🌸

Tuesday 7 May, 7pm

Advanced Asana class: Asanas for the
alignment of the shoulder girdle and neck

..... 🌸

Thursday 9 May, 7pm

Asana class: An expanded rib cage for
better breathing and posture

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

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

Tel: 020 8780 0160 • sivanandalondon.org • sivananda.eu