

Spring/Summer 2012 - Programme of Events

First Saturday Workshop with Margaret Carter: Back Bends

Saturday 4th February, 10.00am – 12.30pm

Margaret is a senior teacher from Knutsford where she runs her own Iyengar Yoga centre. Her vast experience and deep knowledge and understanding make her an extremely popular teacher.

This workshop will be enjoyed by all

£18/£12 concessions

Weekend Workshop with Annie Ciekanski

Saturday 3rd to Sunday 4th March, 10.00am – 3.30pm each day

We are thrilled to welcome this wonderful senior teacher back to Sheffield for another of her highly popular weekend workshops.

This workshop is suitable for all except complete beginners

£70 weekend / £40 per day / £25 per ½ day

SADIYA Yoga Day with Marion Kilburn

Sunday 29th April, 10.00am – 3.30pm

Marion, a senior teacher from Manchester, combines in her teaching a huge generosity of spirit with deep love of asana. A popular teacher throughout the UK, we are pleased to welcome her to Sheffield.

This workshop will be enjoyed by all

£26/£21 SADIYA members

First Saturday Workshop with Katie Rutherford

Saturday 7th July, 10.00am – 3.30pm

We are pleased that this inspirational and innovative teacher from Edinburgh is return to the Centre. This workshop will focus shoulder and upper backs, and promises to be an enjoyable day for all who attend.

This workshop will be enjoyed by all

£30/£21 concessions

Cancellation policy: Sheffield Yoga Centre reserves the right to cancel events at any time, in which case a full refund will be available. In case of last minute cancellations please provide your mobile phone number. In the event of adverse weather conditions which might affect travel, please contact us on the day of the workshop to check that the course is going ahead.

Name: _____ Address: _____

Post Code: _____

Tel No: _____ Email: _____

I would like to book for the event(s) at the Yoga Centre on
Saturday 7th July Saturday 4th Feb Saturday 29th April
Sunday 3rd March Sunday 4th March

Please tick and enclose a cheque for £ _____ made payable to: Sheffield Yoga Centre.

Please return this form to: **Sheffield Yoga Centre, 270 Burgoyne Road, Sheffield S6 3QF.**

If you require directions to the centre or a receipt please specify and supply a SAE

