
Satyananda Yoga Centre London

Weekend Events 2011

Saturday 21 May

Swami Anasakti

Working with Mudras and Bandhas - ISTD

The day will involve exploring the theory and practice of the ancient techniques of Mudra and Bandha, which provide a direct link between the psyche and the body.

Saturday 11 June

SYC Magnificent 40th anniversary celebration

Saturday 2 July

Brahmananda

Havan – Offering to Fire - ISTD – status pending

Mantra, Meditation and preparation and performance of Mahamrityunjaya havan.

Saturday 16 July

All welcome

Guru Poornima

A joyful day to celebrate the spiritual preceptors. Including meditation, yoga class, feast and kirtan.

Saturday 24 September

Jivanmukta

The Wisdom of the Upanishads – ISTD

The day will consist of reading texts, exploring the Koshas, working with the Vayus (the different pranas), visualization, chanting and writing of Mantras

Day programmes 9am to 5pm, cost £35

Weekends from 9am Saturday to 3pm Sunday, cost £75

Please bring vegetarian lunch to share for the day programmes. If you have difficulty paying for an event, please contact us, as we do not wish to exclude students because of the cost. Places on events are subject to availability.

Application Form

Name _____

Tel. no. or email _____

BWY number _____ for IST days only

Applications will be confirmed by phone or email

Date	Topic	Cost
Total enclosed		

I enclose a cheque / PO for £_____ made payable to Satyananda Yoga Centre, London
Please send full payment to Satyananda Yoga Centre, 70 Thurleigh Road, London SW12 8UD