
Satyananda Yoga Centre (London)

Weekend Events 2009/10

Saturday 26 September

Shankhprakashana

Check with centre for details of this wonderful cleansing practice.
Contact the supervisor of the day if you have not done the practice before.
Duration 9am to noon approx.

Saturday 17 October

Colin Fordham

IST First Aid

All BWY teachers must have a current First Aid certificate.
This day will teach you basic First Aid and CPR. A certificate valid for 3 years will be issued on successful completion of the day.
For qualified yoga teachers only.

Saturday 14 November

Anasakti

IST Introducing Chakras

How to bring the chakras into your teaching, using various methods of asana, pranayama, yoga nidra and meditation.

Weekend 30/31 January

Swami Pragyamurti

Winter Weekend

A nurturing weekend of practices to bring energy and light into your life, and sustain you through the cold, dark months.

Saturday 6 February

Shantipriya

IST Working with Students with Anxiety and Depression in the Context of General Yoga Classes

A day for yoga teachers wishing to develop knowledge, skills and confidence in working with students experiencing anxiety and depression.

Cost is £35 for day programmes, £75 for weekends unless otherwise stated.

Day programmes run from 9am to 5pm, weekends from 9am Saturday to 3pm Sunday.

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 from Yoga programmes because of the cost.

Please note that your application does not guarantee a place on any event.

Application Form

Name _____

Tel. no. or email _____

BWY number _____

_____ for IST days only

Applications will be confirmed by phone or e-mail.

Date	Topic	Cost
Total Enclosed		

I enclose a cheque/PO for £___ made payable to Satyananda Yoga Centre, London

Please send with full payment to Satyananda Yoga Centre, 70 Thurleigh Rd, London SW12 8UD