

“Yoga workshops” With Pam Anand

- **Sunday 28th September** 3pm - 7.30pm “ALL LEVELS”
- **Sunday 5th October** 3pm - 6pm “BEGINNERS” (New to yoga)
- **Sunday 12th October** 3pm - 7.30pm “ALL LEVELS”

Location: Sanderstead Memorial Hall, Purley Oaks Road, Sanderstead CR2 0NR

Practising Hatha Yoga and meditation can change your life, bringing calmness to the mind, improving posture, flexibility and concentration.

My workshops are designed to challenge every aspect of the physical body in a calm yet dynamic way. As you learn to control and guide your mind, body and breath you provide vital fuel the body needs to nourish all your organs and keep you strong and healthy.

Relaxation & Meditation allows stress and tiredness to be released in a natural way, resulting in greater energy, clarity and enjoyment of life. After my workshop you will feel more relaxed, calmer and have a greater sense of well-being. Please see my website for more information.

www.u-yoga.co.uk Ujval Tara Yoga – “Let the bright star within you shine”

Introduction to Yoga “Start your journey now for a better future” 5th Oct 3pm-6pm

Program:

3.00pm-3.30pm	Brief Introduction about my style of teaching & the 5 principles of yoga.
3.30pm-4.00pm	Breathing Techniques (Pranayama)
4.00pm-5.15pm	Yoga postures (asanas)
5.15pm-5.45pm	Relaxation and Meditation (basic techniques)
5.45pm-6.00pm	Open questions & discussion - Complimentary Herbal tea and snacks

Total Cost: £ 10

Yoga for All Levels “Deepen your practice” 28th Sept & 12th Oct 3pm-7.30pm

Program

3.00pm – 3.30pm	Welcome & Introduction to workshop and setup of Mats
3.30pm – 4.00pm	Pranayama (Breathing Techniques)
4.00pm - 5.30pm	Yoga Asana Class (posture practice)
5.30pm – 6.30pm	Relaxation, Meditation & Chanting
6.30pm - 7.00pm	Dance, laugh and “Embrace the change “
7.00pm – 7.30pm	“Dinner time” Delicious Vegetarian Meal cooked by Pam & her dear Mum Vena

Total Cost: £20 per workshop or £35 for both.

Please RSVP asap by email: pam@u-yoga.co.uk or call: 07956597415

You will need to bring your own mat, shawl/blanket and bottle of water please.