



Open Day

With Trustees & Friends of the Patanjali Centre for Classical Yoga

Saturday April 9th 2016

10.00 a.m. – 4.00 p.m.

The Trustees and friends of the Centre, all qualified yoga teachers, would like to welcome you to a FREE day in which to experience aspects of Yoga with different teachers. For all abilities. You are welcome to take part in as much or as little as you wish

Morning

10.00 a.m. Hatha Yoga Class
11.15 a.m. Pranayama
Yoga Nidra
Short refreshment break
Yoga Demonstration

Monika Matthieu
Katyayani
Brahmanandaji
Carole Lee

Afternoon

Lunch provided by

2.00p.m. Inspiring talk

2.30 p.m. Music & Travels with Swamiji
Mantra chanting and kirtan

Closing Meditation

4.00 – 4.30 p.m. Light refreshments

Raj Chawla

Brian Down

Phil Duffield

Brahmanandaji

Brahmanandaji

Please reserve a place, as numbers are limited. All services are given freely but if you wish to do so, donations in the box provided are gratefully received.

Email: patanjalicentre@aol.com

www.patanjali-centre.org.uk

Also Classes every Weds. 7.00 – 9.00 p.m. with Monika Matthieu

Contact Monika on 01424 440689 or mnkmat@aol.com

The Cott, Marley Lane, Battle, East Sussex, TN33 0RE

