



Open Day

A free day for all at the Patanjali Centre for Classical Yoga

Saturday April 25th 2020 10.00 a.m. – 4.00 p.m.

Friends, old and new, are all welcome to come and join us to celebrate and experience the different aspects of Yoga with different teachers, in the relaxed and peaceful setting of our Centre in Sussex. No experience necessary and you are welcome to take part in as much or as little as you wish. Inspiring activities include an asana class, pranayama, meditation, relaxation, talks, chanting and more.

10.00 a.m. Hatha Yoga Class	Monika Mathieu	2.15 p.m. Chanting	Jenny Newman
11.30 a.m. Short break		2.30 p.m. Film and short talk	Brian Down
11.45 a.m. Pranayama / Meditation	Avril Kirk	3.15 p.m. Songs and story	Phil Duffield
12.00 p.m. Divine poems	Manatitaji	3.40 p.m. Divine poem	Manatitaji
12.15 p.m. Yoga demonstration	Carole Lee	3.45 p.m. Meditation	Vanessa Graham
12.30 p.m. Teachings with Q&A	Vanessa Graham	4.00 p.m. Closing Chant & Light refreshments	

1.00 p.m. A delicious sattvic, vegetarian lunch is provided for you by the family of our founder, Swami Indranandaji

Please reserve a place, to help plan our catering and share this invitation with your friends and family. All services are given freely but if you wish to do so, donations in the box provided or by bank transfer* are gratefully received.

Email: Jenny patanjalicentre@aol.com or Sulekha Nath.S@btinternet.com
www.patanjali-centre.org.uk

Also Classes every Tues. 6.30 – 8.30 p.m., Weds. 4.00 – 6.00 p.m. (Beginners), 7.00 – 9.00 p.m. with Monika Mathieu. Contact Monika on 01424 440689 or mnkmat@aol.com

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

*Bank account: Lloyds plc. Account name: Patanjali Yoga Centre. Account No. 10656660.
Sort Code: 30-14-77. Please complete a gift aid form. Thank you.

To view scenes from Open Day 2018 please visit <http://www.patanjali-centre.org.uk/open-day-2018-video/>

