

JIVAMUKTI YOGA WORKSHOP

WITH

DURGA DEVI



www.durgadeviyoga.com

SATURDAY 21st July 2012 12.30 – 6.00pm

AT DAVID LLOYD HEALTH CLUB, BARTON EMBANKMENT, TRAFFORD, MANCHESTER M17 8RH

£54 PER PERSON

*** INCLUDING A DELICIOUS YOGI LUNCH OF
AUTUMN VEGETABLE TAGINE, COUSCOUS, RICE, SALAD,
HUMMUS, PITTA BREAD AND A HERBAL TEA!***

Don't miss out on this wonderful opportunity to practice AGAIN with Durga Devi - one of the leading Jivamukti Yoga Teachers in the UK! Durga Devi is an Advanced Certified Jivamukti Yoga teacher from New York. Durga has been practicing yoga since 1994 and has taught at the New York Jivamukti Yoga Center for over 3 years before moving to London to help launch the first Jivamukti Yoga Center in the UK, which now has been open for over 4 years.

Founded in New York by Sharon Gannon and David Life, Jivamukti is a vinyasa style practice. Each class has a theme, which is explored through yoga, scripture, chanting, meditation, asana, pranayama, and music.

During this workshop you will experience chanting, poetry, music, sankalpa (intention of awareness), and simple, flowing asana including backbending, arm balances and inversions, plus a deeper understanding of all the chakras.

FIRST SESSION: 12.30pm - 2.45pm BREAK: 2.45pm - 4.00pm SECOND SESSION: 4.00pm - 6.00pm

For bookings please contact Joanna www.yogawithjoanna.com email: joanna_naj@hotmail.com

PLEASE RESERVE YOUR PLACE EARLY AS NUMBERS ARE STRICTLY LIMITED FOR THIS POPULAR WORKSHOP