

PRANAYAMA IST DAY

with Margaret Woodley



Preparing students for pranayama working with breath and ratios in asana to prepare for pranayama with Ujjayi and Bhramari

Saturday 28th April 2007
10am – 4.00pm

Victoria Hall, Akeman St, Tring, HP23 6AA

£30.00 per person

Contact: Phil Ansty 01442 382661

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I would like to attend the Pranayama IST day on 28th April 2007 and enclose cheque payable to British Wheel of Yoga for £30 (cheques will be cashed early April) to:-

BWY c/o Sue Low, 58 Long Plough, Aston Clinton, HP22 5HB

Name..... BWY No

Address.....
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EmailTel.....

You will be emailed booking confirmation/receipt and map, if you prefer please send sae and this will be posted