



## THE YOGA SUTRAS OF PATANJALI

A text that stands the test of time  
& holds it's relevance in todays modern world.

Enjoy a day gaining an insight into this  
classic Yoga text.

There will be an overview of the four chapters  
& Yoga practice throughout the day to support the  
presentations of each chapter

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*A one day workshop*

**Saturday 12th March 2016**

**10.00 am - 4.00 pm**

**Durley Memorial Hall**

**Durley Street, Durley, Southampton, SO32 2AR**

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*Discussion & questions will be encouraged & welcomed*

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Designed for group class & individual Yoga students  
with Sharon Lovell & Helen Baker

**Cost: £37 (includes tea, coffee & soft drinks throughout the day)**

**For further information/to book a place contact: Sharon Lovell**

**Tel: 023 8047 4410**

**Email: [slovellivy@aol.com](mailto:slovellivy@aol.com)**

Additional references:

[www.yogareflection.co.uk](http://www.yogareflection.co.uk)   [www.yogalifestyle.co.uk](http://www.yogalifestyle.co.uk)   [www.ays.org.uk](http://www.ays.org.uk)