



# Transformation YOGA Classes



## ☉ Stage 1 ~ Hatha Yoga **2011-2012** Suitable For All

**Autumn 2011: Monday** PM 7.15 - 8.30 ♦ 12 Sep - 17 Oct (6 classes) & 31 Oct - 21 Nov (4 classes)

**Spring 2012: Monday** PM 7.15 - 8.30 ♦ 2 Jan - 6 Feb (6 classes) & 20 Feb - 26 Mar (6 classes)

**Summer 2012: Monday** PM 7.15 - 8.30 ♦ 16 Apr - 21 May (6 classes) & 11 Jun - 16 July (6 classes)

**Autumn 2012: Monday** PM 7.15 - 8.30 ♦ 17 Sep - 22 Oct (6 classes) & 5 Nov - 26 Nov (4 classes)

**Autumn 2011: Friday** AM 9.45 - 11.00 ♦ 16 Sep - 21 Oct (6 classes) & 4 Nov - 25 Nov (4 classes)

**Spring 2012: Friday** AM 9.45 - 11.00 ♦ 6 Jan - 10 Feb (6 classes) & 24 Feb - 30 Mar (6 classes)

**Summer 2012: Friday** AM 9.45 - 11.00 ♦ 20 Apr - 25 May (6 classes) & 15 Jun - 20 July (6 classes)

**Autumn 2012: Friday** AM 9.45 - 11.00 ♦ 21 Sep - 26 Oct (6 classes) & 9 Nov - 30 Nov (4 classes)

*£20 for four classes/£30 for six classes*

## ☉ Stage 2 ~ Hatha Yoga

For those wishing to take it further

**Autumn 2011: Tuesday** PM 7.15 - 8.30 ♦ 13 Sep - 18 Oct (6 classes) & 1 Nov - 22 Nov (4 classes)

**Spring 2012: Tuesday** PM 7.15 - 8.30 ♦ 3 Jan - 7 Feb (6 classes) & 21 Feb - 27 Mar (6 classes)

**Summer 2012: Tuesday** PM 7.15 - 8.30 ♦ 17 Apr - 22 May (6 classes) & 12 Jun - 17 July (6 classes)

**Autumn 2012: Tuesday** PM 7.15 - 8.30 ♦ 18 Sep - 23 Oct (6 classes) & 6 Nov - 27 Nov (4 classes)

*£24 for four classes/£36 for six classes*

## ☉ Stage 3 Yoga ~ Pure Meditation Foundation

## ☉ Stage 4 ~ Pure Meditation ~ Raja Yoga including Kriya

\* Please Note Stages 3 and 4 can be taken without Stages 1 and 2.

## ☉ Stage 5 ~ Mi~Lee

We also teach 1 to 1, and Children's Yoga: *Please ask us for details.*

## ☉ Aqua Yoga - Monday Evenings 7.15 - 7.45 ♦ July 23 - Aug 20

*£40 for five classes (includes free after-class swim & pool membership for duration of course)*

## ☉ Transformation Hatha Yoga & Relaxation Teacher Training Courses

to Diploma standard - dates as in Course Programme.

*Please do ask to speak to one of our Yoga teachers about your development and progress or about any problems you may have. We are always here to help you find happiness and health, fitness and fulfillment. ☺ Please bring your own Yoga mat, notebook/pen, cushions and blankets and wear loose comfortable clothing.*

*Please enquire for details of our other courses:*



## Self Realization Meditation Healing Centre

Laurel Lane, Queen Camel, nr. Yeovil Tel. 01935 850266 Fax. 01935 850234

[www.selfrealizationcentres.org](http://www.selfrealizationcentres.org) email: [info@selfrealizationcentres.org](mailto:info@selfrealizationcentres.org)