



**Free Yoga Sessions
at AYA Exhibition, Level 3, City Recital Hall,
Angel Place 3rd, 4th and 5th April - open to
non-conference delegates**

Friday 3rd April 2009

11.35-12.35pm
Yoga in Daily Life
Sevapuri Hurst

3.50 - 4.50pm
Yoga Moves Ashtanga
Eileen Hall

Saturday 4th April 2009

11.05 - 12.05pm
Yoga in Daily Life
Meditation & Pranayama
Sevadevi Glover

3.00 - 4.00pm
Satyananda Yoga
Pragyadhara + Assistant

Sunday 5th April 2009

9.00-10.05am
Hatha with Iyengar Influence
Trevor Tangye

11.05-12.05pm
Synergy Yoga
Simon Borg Olivier

4.25-5.25pm
Kundalini Yoga
Suraj Kaur

**Limited spacing Available, to reserve space, please give names to
registration on the morning of Conference.**