

Breathe in Breathe out...

Patanjali Weekend

Friday 3rd– Sunday 5th April 2020

Iyengar Yoga Studio West Bridgford

led by senior Iyengar teachers:

Sue Lovell and Isabel Jones Fielding



We are delighted to offer a special weekend of yoga, with asana, pranayama, philosophy and chanting, with an exhibition of drawings and boxes by Sue Lovell and sound art performance by Isabel Jones Fielding inspired by the Yoga Sutras of Sage Patanjali.

Weekend: £140 (£50 deposit reserves a place) refreshments incl.

Friday Eve 6–8 pm (with refreshments). Patanjali yoga sutras talk with Sue <http://www.peakyoga.org.uk> and ‘Breathe in ..breathe out Patanjali’ ...art / sound installation’ by Isabel Jones Fielding and Sue Lovell.

Saturday: 10am– 2.00pm (with break) asana, pranayama, philosophy with Sue **Concluding with a traditional Indian Kirtan** led by Isabel (chanting with harmonium) Breathe in ..breathe out...art / sound installation still open,

Sunday: 10am– 2.00pm (with break) asana, pranayama, philosophy with Isabel Numbers for the weekend are limited to 15 places. There are a few extra places, for Friday evening, or the Sunday Kirtan and food. Available @£25 per person.

To book a place: contact isabel@movement4health.co.uk or Sue sueyoga40@gmail.com

<http://movement4health.co.uk/retreats/>