



Threads of Transformation



Iyengar Yoga, Art and Sound Weekend

with Sue Lovell & Isabel Jones-Fielding - senior yoga teachers and artists

Wye Valley Iyengar Centre, Hay on Wye, Wales

Friday 27 February - Sunday 1st March

Iyengar Yogasana, pranayama, philosophy & sound, with the 'Threads of Transformation' art exhibition by Sue, & soundart installation by Isabel.

Friday 27th Feb 6-8pm Immersive sound & art view with headsets (limited to 25 participants) Talk: The Esoteric Anatomy of Yoga

Saturday 28th Feb 12.30- 5.30pm: Yoga workshops - asana & pranayama, chanting/sound, with Sue & Isabel

Sunday 1 March 8.30 – 1pm: Yoga workshops – 8.30–9.30am pranayama, 10am - 1pm asana, and chanting/sound, with Sue & Isabel

Cost : £115

To Book: contact Cori: cori@wyevalleyyoga.com For more info visit:

<https://wyevalleyyoga.com/classes-and-workshops/workshops>

www.peakyoga.org.uk

<https://movement4health.co.uk/threads-of-transformation-yoga-art-and-sound/>