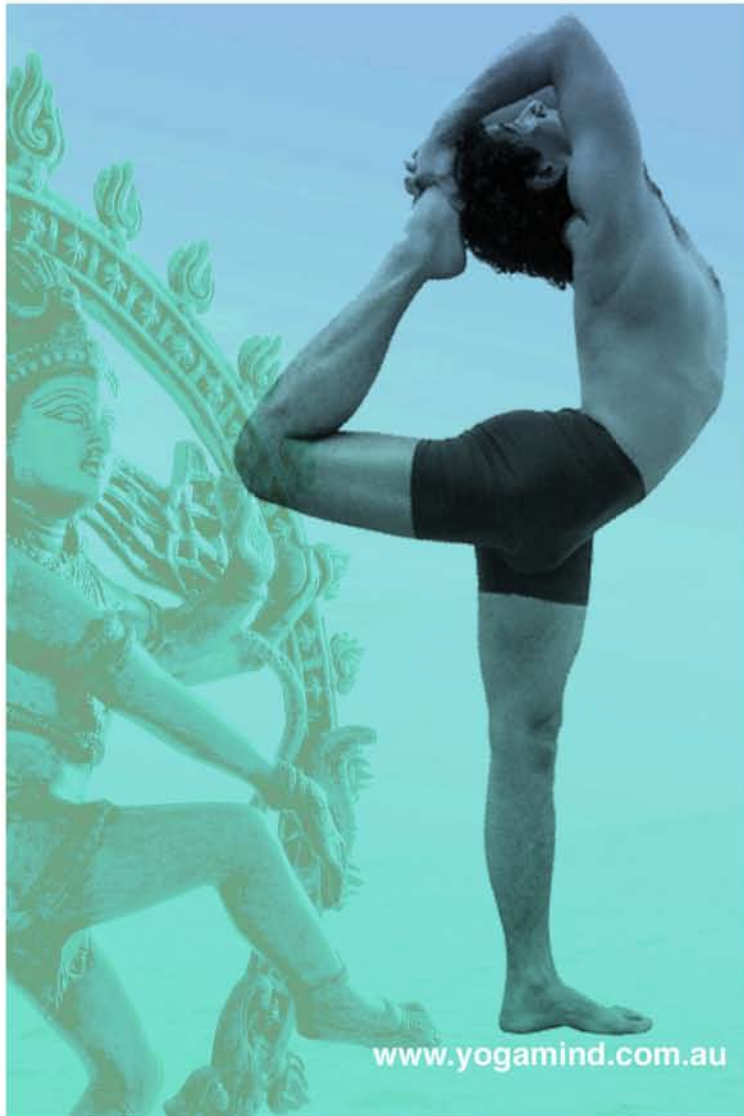


yogabase
DEVOTED TO YOGA

255-257 Liverpool Rd
London N1 1LX
Ph:0790 444 5759
lucy@yogabase.org



www.yogamind.com.au

YOGA WEEKEND



WITH

GLENN CERESOLI



SENIOR IYENGAR YOGA TEACHER

JUNE 13TH-14TH 2009

Sat 13th: 10.30am-12pm 3-5.00pm

Sun 14th: 10.30am-12pm 3-5.00pm

**COST: £85 for weekend Sat/Sun
£30 1 session, £50 two sessions
£70 three sessions**

Glenn has been practicing Iyengar yoga for 28 years and teaching for 25. He upholds the traditional values of Yoga practice while imparting his own interpretation of Yoga in the context of our contemporary lifestyles. Glenn's teaching is strongly practice based and is built around his extensive teaching experience throughout Australia and Europe. Take advantage of the little time Glenn provides us with, to share his insights and depth of knowledge!

This weekend Glenn will focus on the three essential ingredients for the practice of yoga. He will explore, discuss and give practical examples of how to implement these aspects into the process of your practice.