

Opening the Heart Clearing the Mind

Clive Sheridan
April 24th – 25th 2010

Saturday & Sunday

9:00am – 5:30pm

\$220 full weekend

The Yoga Den – West End Yoga Studio
43 Vulture St, West End

Clive has been teaching internationally since the mid-70's, and gives annual workshops & retreats in Europe, Asia & Australia. He shares energizing, free-style, classical Asana sessions, with a strong focus on breath awareness - the level of Asana varying according to the ability of each group. Clive's forte is Pranayama, which he guides in a sensitive, meditative & safe way - accessible to all. Clive's forte is Pranayama, which he guides in a sensitive, meditative & safe way - accessible to all. "Pranayama is the ultimate tool to energize the body - steady the mind - & access our Bliss!" Each workshop day includes two Asana sessions, two Pranayama sessions & a Satsang (discourse) with more specific pointers to 'open the heart & clear the mind'. Clive's partner Miranda will be assisting the Asana sessions.

katepelican@optusnet.com.au or www.theyogaden.com.au

Payment can be made directly to : Cathryn Pell ANZ bank
: BSB: 014256
: Account 483783192