

# Yoga for Health & Harmony

## Shakti Bhakti (Helen Barker)

Sunday 17<sup>th</sup> July 9.30am - 4.00pm  
Shipton Community Centre, York YO30 1AW

Join us for this annual day which will include practices from both Structural and Ayurvedic Yoga Therapy by Mukunda Stiles. Insights will be offered on how to improve your appreciation of this moment, enhancing your understanding and ability to transform the ever changing doshas (vata, pitta and kapha) into prana, tejas and ojas.



### Tutor: Shakti Bhakti (Helen Barker)

Shakti Bhakti is an experienced Structural Yoga Therapist™ who trained directly with Mukunda Stiles, now also a Suksma Marma Therapist. A former BWY Diploma and Foundation Course tutor, she works with groups and individuals to bring harmony into their lives. [YogaNamaste.co.uk](http://YogaNamaste.co.uk)

### Enquiries and Booking

For further information, please contact Jayadhara.

To secure your place, return the completed form with a cheque for £35 (payable to J. Cluley)  
Or payment by BACS Sort Code 09-01-27 account 38203361

Moonrise, Low St, Husthwaite, York YO61 4QA

Tel: 07906 652669 e-mail: [janecluley@tiscali.co.uk](mailto:janecluley@tiscali.co.uk) [www.yogandshiatsu.org.uk](http://www.yogandshiatsu.org.uk)

Please bring a contribution to a shared vegetarian lunch. Drinks will be provided.



Booking Form - SYT & AYT - Practices for Harmony 2016

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Tel: \_\_\_\_\_ e mail \_\_\_\_\_

Confirmation will be sent by e mail, unless an SAE is enclosed

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