



Yogasara Studio

Open Day- 5th Jan 2019

10- 6pm - Doors open all day- something for everyone!

A full day of FREE classes and talks

Are you New to Yoga?

Are you ready to take your practice deeper?

Are you thinking about teaching?

Want to develop your teaching / gain CPD (continued professional development)?

This Open day is for you!

Beginners class 10-11.15am

Q & A at 11.30am (all levels welcome to Q & A)

Intermediate/Advanced class- 12-1.30pm

Q & A at 1.45-2.15pm (all levels welcome to Q & A)

Children's yoga - 2.30-3.15pm

Pregnancy yoga 3.30-4.45pm

Tantric Philosophy & Yogasara Method -free talk with time for Q & A 5-6pm

If you cant make the free classes no problem!-

There will be experienced Yogasara teachers/graduates available all day to answer your questions about classes, trainings, CPD, courses, workshops, retreats etc.

Drop in any time for information, tea & cake!

Get in touch to book/for more info

sarahannharlow@gmail.com / 07789 501884 / www.yogasara.co.uk