

# ॐ GO-YOGA ॐ

Mind Body Life

## GO-YOGA QUARTERLY NEWSLETTER

### Take Charge of Your Personal Safety Now...

Letting go of Fear: Woman Learn Self Defense @ The Studio  
Jason O'Connor's Women's self Defence workshop is designed to remove the fear and replace it with tools. You will learn easy and effective techniques that you can share with your children. Do not be afraid in your own neighborhood! Get the confidence you deserve. Give your Child-Carer the gift of that confidence as well.

**Sunday 26th Feb. 11am-1pm Price £30**

<http://www.go-yoga.co.uk/>

### YOGASARATVA WORKSHOP

Daniel Priyo Das' YOGASARATVA WORKSHOP including mantra chanting, pranayama, asana & meditation is designed for both novice and experienced practitioner.

Daniel's experience and journey combine for the perfect guide... New Classes follow our Core Fusion Workshop... Taking care of your body, mind and spirit...

**March 4th 10am-12:30pm Price £18**

<http://www.go-yoga.co.uk/>

### GO-YOGA & THE STUDIO PRESENTS ...

### ... ATEEKA & FABRIZIO DALLE PIANE... FOUNDERS OF YOGASARATVA ...



Their Love and journey has evolved to now represent the fluidity between practices and experiences. Their journey is unique and we are grateful for their pause here at the Go-Yoga Studio. Please feel free to bring friends and share the moment...

The heart of YogaSaratva is *evolving practice and personal experience* rather than racing to perfect a standardized form. YogaSaratva teaches evolving change and fluidness rooted in love.

The hands on Method of teaching and interacting between instructor and student will truly be a new experience. *Please make your reservation early as we are expecting a complete sell out ...*

### WORKSHOP WEEKEND

**26th March**

**Call GO-Yoga  
0780 303 2463**

**for Pricing and availability**

<http://www.yogasaratva.com/english/biosE.shtml>



Volume 1 Issue 2



Meditation for overall balance...  
Amanda Johnston  
Founder GO-Yoga

### Monthly Pricing

Go-Yoga will be moving towards monthly billing for your convenience. Ask how we can take the stress out of paying by streamlining your billing. Also inquire about our new discounting policy.

# Call 0780 303 2463