

ॐ GO-YOGA ॐ

Mind Body Life

Volume 1 Issue 4

GO-YOGA QUARTERLY NEWSLETTER

Amanda Returns from the Bahamas

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... Taking care of your body, mind and spirit...

March 4th 10am-12:30pm Price £18

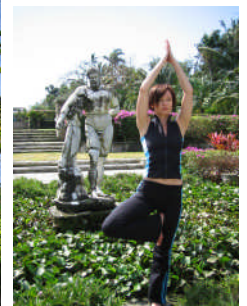
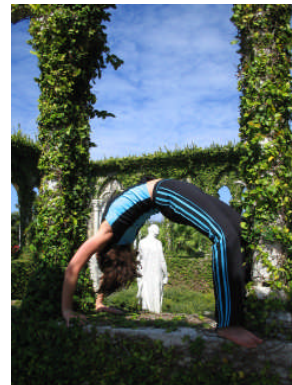
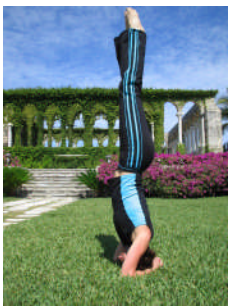
Introduce a Friend for Free

Limited Time Bring a Friend for Free to any of Daniels Classes in March...

One Friend pays full price the other may enjoy the class for free. Must book in advance. This offer is for first time people to Daniels class only. Please call for full details.

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

AMANDA COMES HOME.... After 5 days of teaching an international Group the Go-Yoga style Amanda Returns to London with newly Inspired ideas and a fresh outlook. More on this later Look forward to reading more about this journey and what it means for Go-Yoga in our Next News Letter...



Call 0780 303 2463