



**Summer 2014 Timetable**  
**28 April – 18 July**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><b>Yoga Step by Step</b></p> <p>9.30 – 11.00am Starts: 30 April Finishes: 16 July</p> <p>Elizabeth Gill <a href="mailto:sissi@yogicpath.com">sissi@yogicpath.com</a></p>					
	<p><b>Yoga Sutra Study Group**</b></p> <p>2.00 – 3.00pm Starts: 29 April Finishes: 15 July</p> <p>Mira Mehta <a href="mailto:mira@yogicpath.com">mira@yogicpath.com</a></p>			<p><b>Advanced Postures</b></p> <p>1.30 – 3.00pm Starts: 2 May; 9 May; 23 May; 30 May..</p> <p>Mira Mehta <a href="mailto:mira@yogicpath.com">mira@yogicpath.com</a></p>	<p><b>Guidance for Teachers Workshop (monthly)</b></p> <p>12.30 – 3.00pm 10 May; 7 June; 5 July</p> <p>Mira Mehta <a href="mailto:mira@yogicpath.com">mira@yogicpath.com</a></p>	<p><b>Pranayama and Yoga Theory Workshops</b></p> <p>2.00 – 4.30pm 8 June; 6 July</p> <p>Mira Mehta <a href="mailto:mira@yogicpath.com">mira@yogicpath.com</a></p>
					<p><b>Health through Yoga Workshop (monthly)</b></p> <p>4.15 – 6.45pm 10 May; 7 June; 5 July</p> <p>Mira Mehta <a href="mailto:mira@yogicpath.com">mira@yogicpath.com</a></p>	
<p><b>Progressing in Yoga</b></p> <p>6.15 – 8.15pm Starts: 28 April Finishes: 14 July</p> <p>Mira Mehta <a href="mailto:mira@yogicpath.com">mira@yogicpath.com</a></p>	<p><b>Foundation in Yoga</b></p> <p>6.45 – 8.15pm Starts: 29 April Finishes: 15 July</p> <p>Mira Mehta <a href="mailto:mira@yogicpath.com">mira@yogicpath.com</a></p>			<p><b>Therapy Yoga</b></p> <p>6.45 – 7.45pm Starts: 2 May Finishes: 18 July</p> <p>Mira Mehta <a href="mailto:mira@yogicpath.com">mira@yogicpath.com</a></p>		
				<p><b>Yoga for Back Pain Training Course</b></p> <p>6.45 – 8.15pm Starts: 2 May</p> <p>Mira Mehta <a href="mailto:mira@yogicpath.com">mira@yogicpath.com</a></p>		

\*\* - At a different venue; by application