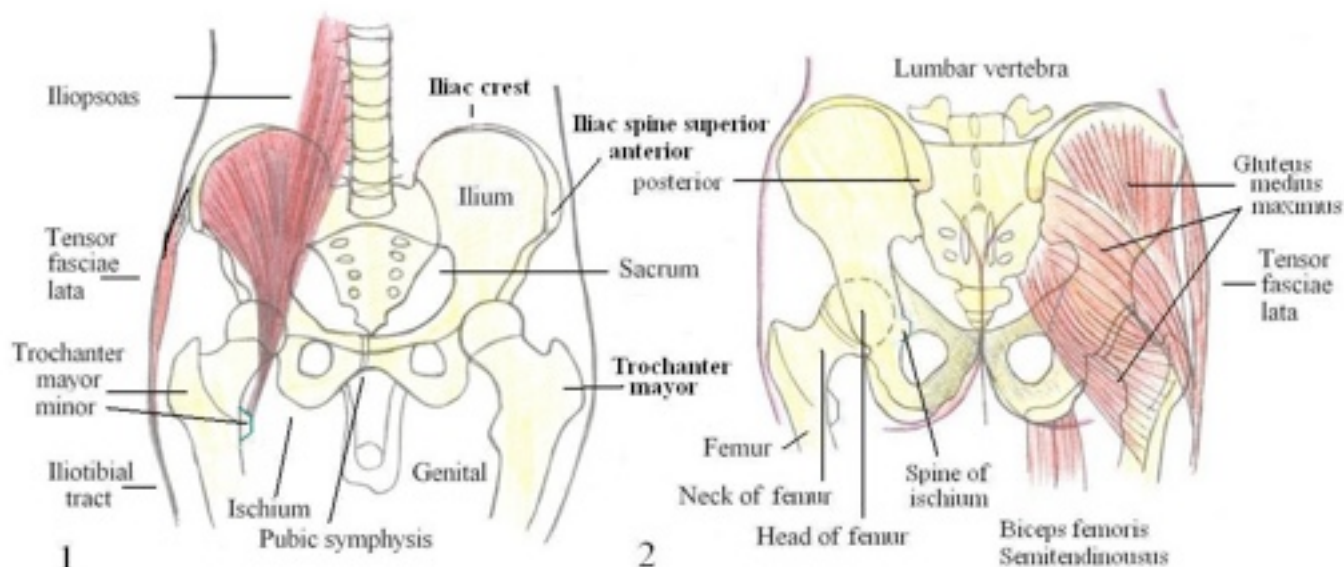


YOGVEDA



Dear Yogis,

The winter is soon coming to an end and the spring is on the way.

I would like to inform you about the Easter Retreat and the level two class on tuesday.

the level two class on thursday is overfull sometimes, to get a balance i have changed the Tuesday 19.30 level 1 class to a level 2 class. If you find the Thursday level 2 class on Thursday overfull and can change to tuesday you are welcome to do so.

The office next to the Yoga class will be free sometime this year and i will take it to be used as a changing room, so i hope everyone would have enough space to change.

The information about the Easter REtreat 2011 is on the next page.

Warm Regards

Shahid Khan

The Easter Retreat this year will be on the 21st till the 24 th of April at Hotel Bellevue Interlaken.

The workshop will focus on the workings of the pelvic hip and lower lumbar back space. Many problems in the body mind have their root in sitting too much, during work or at home. This make the hip joints, ligaments, tendons, psoas stiff creating back problems and other problems.

The workshop will be focused on understanding the Anatomy of the Pelvic Hip, and how they have to be used in Asanas to get greater awareness and opening. I recommend the workshop is for everyone as it is a nice opportunity to understand and work for a better body posture and connect it with the mind.

Workshop Program

21st April. 18.00 We meet at Bellevue Interlaken

22nd April till 23 April
Pranamya. 07.30 to 08.30
Breakfast 08.30 to 10.00
Asanas 10.00 to 12.30
Lunch 12.30 to 15.30
Workshop continues 15.30 to 17.00

Hotel with breakfast only

Double room 75 CHF per person per night. (for three nights)

Double room two nights 85 CHF

Single room (only two) 100 CHF

If you are attending the workshop and not staying the Hotel, the Hotel wants 25CHF as a rent for the Yoga practice hall.

Hotel has to be paid in advance. (cancellation charges apply)
Canceling the room: three days before 50% of the charges for the first night are deducted
Canceling the room: 24 hours before 75 % of the total charges are deducted

EASTER RETREAT 2011

Understanding the Hip

(CLICK TO BOOK WORKSHOP)