



# IYN Regional Day

19 May 2018 | 9.45 - 17.00  
The Eight Limbs of Patanjali



In the Moment  
72 Berkeley Street  
Glasgow G3 7DS



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## A day of Yoga with IYN Elders

**Ellen Lee** (Chair of IYN)

**Leon Deith:** Kriya Key Class and Samadhi

**Deyna Hirst:** Transformational Yoga

**Sophie Bickerdike:** Kundalini Yoga

**Debbie Farrar:** Feel Now Yoga

**Granville Cousins:** Dharana and Dhyana

**Paul Collins:** Dance Meditation

**Mangalo:** Body and Breath as a Bridge to Samadhi

### Further information:

[inthemomentcentre.co.uk/workshops/iyn-day-of-yoga-with-iyn-elders-19th-may-18/](http://inthemomentcentre.co.uk/workshops/iyn-day-of-yoga-with-iyn-elders-19th-may-18/)

### Bookings:

[iynyogadays.org/glasgow/](http://iynyogadays.org/glasgow/)

Everyone welcome    IYN Members: £35  
Non-members: £45

Teas provided, please bring vegetarian food for a bring-and-share lunch.

The Independent Yoga Network is an organisation for Yoga Teachers and Teacher Training Schools, offering support and representation to its members.