



Patanjali Yog Peeth (UK) Trust

Charity Reg No: 1115370



AYT LEVEL – I TRAINING FOR **FEMALES ONLY**

- Excellent self development course
- Learn basic principles to healthy living
- Learn techniques related to female issues
- Approach disease free, healthy lifestyle
- 25 hour session for £21.00 only!!!

YOG MIND BODY SOUL

This course is not only for those wishing to become assistant yog teachers it is also an excellent self development course that will provide you with knowledge on the basic principals of how to live a healthy life. You can use the understanding you gain to support your family and friends to adopt a healthier approach to life.

GLASGOW

11TH DECEMBER 2009 TO 13TH DECEMBER 2009

**VENUE: 40 LAMBHILL STREET, KINNING PARK
GLASGOW G41 1AU**
(2 min walk from Kinning Park Underground SPT)

**FRIDAY: 6 PM TO 9 PM
SATURDAY AND SUNDAY: 7 AM TO 7 PM**

**FOR REGISTRATIONS
CONTACT: SAMEERA - info@pypt.org / 0141 427 7510**

Please come on empty stomach and wear loose comfortable clothing.

REGISTER YOUR INTEREST EARLY TO AVOID DISSAPOINTMENT

**For further information please visit our website: www.pypt.org
info@pypt.org / 0141 427 7510**