



Patanjali Yog Peeth (UK) Trust

Charity Reg No: 1115370 & Scottish Charity Reg No. SC041991

ASSISTANT YOG TEACHER LEVEL 1 TRAINING IN LEICESTER

- Learn Yoga asana and breathing exercises
- Excellent course to improve your health and well-being
- **A 25 hour session for £101.00 only!!!**
- Included 3 free books of yog and Handouts
Breakfast and Lunch will be provided

"Good health is humanity's
birth right" Swami Ramdev

Dates And Timing

11th, 12th, 13th APRIL 2014

Friday – 18.00- 21.00

Saturday- 06.30 - 19.00

Sunday - 06.30- 16.00

VENUE

Leicester High School for Girls
454 London Road
Leicester LE2 2PP

REGISTER YOUR INTEREST EARLY

Contacts.

Bharti jogia(nature and herbs)

01162611800/07984021998/07930857680

Bharat Modha Area Coordinator 07860376828 Email;
'bharat@bmmortgages.com'

Ashok Nathwani Area Coordinator 07845689108
email;ashoknathwani@hotmail.co.uk

Darshan lal Sohal dlsahal@pranyog.co.uk

For further information please visit our website: www.pypt.org

Or email us on info@pypt.org / or call on 0141 427 7510



**You Will Be
Taught Five
Principle
Approaches To
Good Health &
Healthy Living
The Natural Way
Through Yog**

- ◆ **Pranayam &
Asana**
- ◆ **Ayurveda**
- ◆ **Acupressure**
- ◆ **Naturopathy**
- ◆ **Balanced Living**