



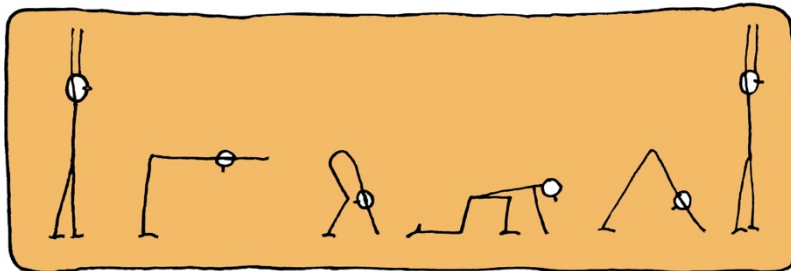
FOUNDATION COURSE  
IN THE MOMENT, GLASGOW 2019-20

This wonderful 60-hour course is designed to allow you to explore yoga in more depth than in a typical class, and to expand and consolidate your personal practice. You'll have the opportunity to experience many aspects of yoga – from a wide range of asanas, various pranayama techniques, concentration (dharana) and meditation (dhyana) – alongside topics such as the history of yoga and its different paths and schools.

Sixty hours, spread over one year, comprising 10 x 6 hour days.

Cost £555 (can be paid in instalments)

Visit <https://www.yogascotland.org.uk/foundation-course-0> for more details, dates etc.



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