



LIVING YOGA COURSE
LOVE YOGA, ABERDEEN 2019-20

The Living Yoga Course is a beautiful opportunity for those of you – having completed a Yoga Scotland Foundation Course or equivalent course – who would like to continue to develop and deepen your study of yoga and personal practice but who don't yet wish to go on to teacher training. This course builds on previous learning and provides the perfect opportunity to go deeper into your practice, asking questions and engaging in discussion.

The course is also open to teachers who wish to refresh and renew their own personal practice.

60 hours, comprising of ten Saturdays of six hours each.
Cost £595 (can be paid in instalments).

Visit <https://www.yogascotland.org.uk/living-yoga> for more details, dates etc.



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