



BIKRAM

YOGA MANCHESTER



Seminar with Rajashree Choudhury

Rajashree Choudhury, Born in Kolkata, India is the wife of Bikram Choudhury, founder of Bikram Yoga. She started her yoga training at the direction of her parents at age 4. She was a five-time winner of the All-India Yoga Championship from 1979 to 1983. After studying at Mahila Yoga Byam Kendra, Gosh's College of Physical Education and Yoga Training Institute, she received her Certification in Hatha Yoga Therapy for chronic diseases and disorders.

With over 15 years in the East and 25 years in the West, Rajashree's special focus has been on the emotional side of yoga and how yoga balances the energy of the human body and impacts not only disease, but also affects the body/mind/soul connection which constitutes vibrant health.

Sunday May 16th 2010

8:00 - 9:00 Check-in
9:00 - 10:00 Lecture
10:00 - 11:30 Bikram Yoga Class
11:30 - 13:00 Lunch Break
13:00 - 16:00 Posture Clinic
16:00 - 17:00 Meditation & Group Talk



Seminar is suitable for students of all levels.
Bikram Yoga Teachers may also recertify at this Seminar.

Cost £100.00

Pre-booking required as space is limited.
Please note: Bookings are non-refundable but are transferable.

Email: info@bikramyogamanchester.co.uk

Please book now, don't miss this opportunity to spend a day with this inspiring and gracious woman.