

# SOHO GYMS MONTHLY SUNDAY YOGA



## DHARMA YOGA WITH MARK KAN

**Sunday 25th July 2010 2-4pm**

**Soho Gyms Borough, Empire Square,  
Long Lane, London, SE1 4NL**

A challenging and physically absorbing vinyasa series created by New York's Sri Dharma Mittra for Dharma I, II, III, IV, and V. It reintegrates the flow of prana through the spinal column and emanates deep into all areas of the physical, metabolic, intuitive, and bliss bodies. It promotes harmony within all these layers so a concentrated state of radiant health is achieved.

The class will begin with the vinyasa - a flowing sequence of balancing, stretching, back bending, twisting and inverted postures, followed by a specific series of static, meditative poses and concluding with a deep relaxation, pranayama and a short meditation practice.

**Members: FREE Non-members: £10**

**To book, call 0845 677 8890**

**For more information, email [markkanyoga@gmail.com](mailto:markkanyoga@gmail.com)**

### **Mark's Soho Gyms classes**

**Monday - Earls Court 10.30-11.45am - Beginners**

**Tuesday - Waterloo 7.30-8.30am - Open**

**Thursday - Borough - 6.30-7.30pm - Open**

**Friday - Earls Court - 6.30-7.30pm - Beginners**

**Saturday - Borough 12.30-1.30pm - Open**

**Sunday - Monthly - Borough 2pm-4pm - Open**