



## Soho Gyms Monthly Sunday Dharma Mittra Vinyasa Yoga with Mark Kan

**Sunday 31st May 2009  
11.00am - 1.00pm**

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

### **Advance your yoga practice to a higher level.**

Dharma Mittra's Shiva Namaskar Vinyasa Yoga increases flexibility, strengthens and tones muscles, glands and internal organs, igniting the continuous flow of prana (cosmic energy) through the spinal column, emanating into all areas of the physical, metabolic, intuitive and bliss bodies, leading to a powerful state of conscious relaxation.

The class will begin with two rounds of Shiva Namaskar vinyasa, including balancing, stretching, back bending, twisting and inverted postures, followed by a specific series of static, meditative poses and concluding with a deep healing relaxation, breathing exercises and a short meditation practice. **NOT SUITABLE FOR BEGINNERS.**

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

Monday - Earls Court 10.30-11.45am  
Tuesday - Waterloo 7.30-8.30am  
Thursday - Borough - 6.30-7.30pm  
Friday - Earls Court - 6.30-7.30pm  
Sunday - Monthly - Borough 11am-1pm

**Soho Gyms Members: FREE**

**Non-members: £8**

For more information, call Mark on 0790 511 8376. For information about Dharma Mittra Yoga, visit [www.dharmayogacenter.com](http://www.dharmayogacenter.com)