



SCHEDULE, 2009/2010



Our Centre in Dharamkot, Dharamshala

The Dharamkot Centre is open from early April till the end of October this year.
It reopens in April 2010.

Five-day Courses begin every Thursday at 9.00 am.

Booking and information meetings take place at the Centre on Mondays at 1.30 pm. During this time, students meet the teacher and may discuss any personal problems.

25th May 2010 - 8th Anniversary Celebration

All friends and students are invited for Asana demonstration, snacks, videos of Guruji and live music.

27th May to 31st May 2010 - SPECIAL COURSE *Yoga for Vipassana Meditators*

**1st to 20th July 2010 - SPECIAL COURSE –
*The Art of Staying Healthy and Young***

Please avail of 10% discount on bookings prior to 1st April 2010



Our Centre in Arambol, Goa

The Arambol Centre operates from November till the end of March 2010.

Five-day Courses begin every Friday at 8.00 am.

Booking and information meetings take place at the Centre on Tuesdays at 2.00 pm. During this time, students learn about the Course, register, and may discuss any personal or health issues.

**November 20th to December 2nd 2009 – Intensive Course –
*Chakras and the Evolution of Consciousness***

10 % discount on bookings prior to August 29th 2009

**February 19th to March 9th 2010 - Intensive Course -
*Yoga and Ayurveda***

10% discount on bookings prior to November 18th 2009

February 19th to March 30th 2010 - Teachers' Training Course

10% discount on bookings prior to November 18th 2009



For further information please visit our website: www.hiyogacentre.com

For enquiries, please email: info@hiyogacentre.com

HIMALAYAN IYENGAR YOGA CENTRE

**Village Dharamkot
Madhlo Vaddo
Dharamsala 176219
Arambol 403524
Himachal Pradesh
(North) Goa**



Be Happy.

Sharat,

Himalayan Iyengar Yoga Centre (HIYC)

Village Dharamkot, Dharamsala 176219,

Himachal Pradesh, North India

Winter Centre :

Madhlo Vaddo, Arambol

North Goa 403524

Please visit our website at: www.hiyogacentre.com

