

# Yoga Workshop with Pascale Vacher



Beginner/General level

Autumn 2018

<b>Sunday 14<sup>th</sup> October</b> 10:00am-12:30pm	<b>Sunday 18<sup>th</sup> November</b> 10:00am-12:30pm	<b>Sunday 9<sup>th</sup> December</b> 10:00am-12:30pm
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The focus of these workshops is mainly on standing postures which aim to build up strength, flexibility and stamina. They also include the practice of supine and seated postures as well as Sarvangasana (shoulder stand) and introduces Sirsasana (headstand).

The longer sessions complement your usual class and give us a bit more time to explore and deepen our understanding of Introductory level asanas. It may also help consolidate a budding home practice.

These yoga workshops are designed for anyone who has been practising the Iyengar method for at least six months. Please ask if unsure.

**Pascale Vacher** is a Junior Intermediate (Level 3) Iyengar teacher who has studied and practised yoga for more than 25 years. She teaches five weekly classes in Silverdale School (Sheffield S11) and run monthly workshops in other venues. Check [website](#) for details of next classes and workshops.



**VENUES** - These workshops take place either in my little [Yoga Room](#) (10 Bents Drive, Sheffield S11 9RP) or at [Zagyoga Iyengar Yoga Studio](#) (Harland Works, 70 John St, Sheffield, S2 4QU). Please ask for confirmation and directions. All equipment is provided.

**TIME** - 10.00 am to 12.30 pm

**COST** - £18 (£15 concession)

**BOOKING** - Places are limited. To book please contact Pascale Vacher to check availability. When attending for the first time, please fill in a [registration form](#) with contact details and medical information and return with your payment to Pascale Vacher, 10 Bents Drive, Sheffield, S11 9RP.

If you have any questions regarding this event, please email [pascale\\_vacher@yahoo.co.uk](mailto:pascale_vacher@yahoo.co.uk) or call 07941646418.

For additional information about cancellation policy, classes and workshops with Pascale Vacher, please visit <http://yogasheffield.org/venue/silverdale-school/>.



**Yoga workshop with Pascale Vacher**  
**Zagyoga Studio (S2) or Bents Green Yoga Room (S11)**



Please fill in your contact details and circle selected date(s) and mode of payment:

<b>Name</b>			
<b>Address</b>			
<b>Post code</b>			
<b>Email Address</b>			
<b>Tel - Home</b>		<b>Mobile</b>	
<b>Sunday 14<sup>th</sup> October</b> @ (tbc)		<b>Sunday 18<sup>th</sup> November</b> @ (tbc)	
<b>Sunday 9<sup>th</sup> December</b> @ (tbc)			
Cash Cheque (made payable to Pascale Vacher) BACS Payment (Pascale Vacher, sort code: 08-93-00, account number: 12475775)		<b>£18</b> (£15 concession) per class	

## VENUE – A Yoga Room, Sheffield (S11)



<b>Address</b>	A Yoga Room, 10 Bents Drive Sheffield, S11 9RP
<b>Description</b>	The studio is fully equipped. Place is limited to 6/7 students.
<b>Website and contact</b>	<a href="#">A Yoga Room</a> For details please contact <a href="mailto:pascale_vacher@yahoo.co.uk">pascale_vacher@yahoo.co.uk</a>
<b>Access and Parking</b>	From Ringinglow Road, turn left into Bents Drive. The studio is at number 10, toward the bottom of the road, on the left. From Ecclesall Road, turn into Bents Road than take the first road on the left into Broad Elms Road and first right into Bents Drive. The studio is at number 10, on the right as you are facing toward the top of the road. Free parking is available in the street.

## VENUE - 'Zagyoga' Iyengar Yoga Studio, Sheffield (S2)



<b>Address</b>	'Zagyoga' Iyengar Yoga Studio, Harland Works, 70 John Street, Sheffield, S2 4QU
<b>Description</b>	The studio is fully equipped. Place is limited to 18 students.
<b>Website and contact</b>	<a href="http://zagyoga.net">zagyoga.net</a> For details please contact <a href="mailto:zagyogainfo@gmail.com">zagyogainfo@gmail.com</a>
<b>Access and Parking</b>	The entrance of Harland Works is on John Street, just left of the Harland Café. Once in the courtyard, walk up the metallic stairs on the right, enter the building via the grey door, go up the internal stairs and turn right at the top. The studio is at the end of the corridor. Follow the signs.  Parking is easy and free on Sunday. There is plenty free parking opposite Harland Works and in the streets around the studio but please note that, typically, one side is free while the other is 'pay and display' (£0.70 hour but free on Sunday).