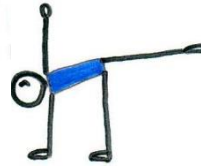


Sunday Intermediate Yoga Classes



with Pascale Vacher

Autumn 2018



NEW DATE

Sunday 7th October

Sunday 11th November

Saturday 8th December

These classes focus on deepening understanding of Introductory level asanas as well as introducing and exploring some Intermediate level asanas.

They are designed for students with at least 3 years of Iyengar yoga experience attending regular Intermediate Iyengar yoga classes or by permission of the teacher. Please ask if unsure.

Pascale Vacher is a Junior Intermediate (Level 3) Iyengar teacher who has studied and practised yoga for more than 20 years. She teaches five weekly classes in Silverdale School (Sheffield S11) and runs monthly workshops in other venues. Check [website](#) for details of next classes and workshops.



VENUES - These classes take place either in my little [Yoga Room](#), 10 Bents Drive Sheffield S11 9RP, in [Hope Valley Yoga Studio](#), Back Lane, Hathersage, S32 1BJ or in or in [Zagyoga Iyengar Yoga Studio](#) (Harland Works, 70 John St, Sheffield, S2 4QU). Please ask for confirmation and see directions overleaf. All equipment is provided.

TIME - 10.00 am to 12.30 pm

COST - £18 (£15 concession)

BOOKING - Places are limited (depending on venue). To book a place 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 or call 07941646418.

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



Sunday Intermediate Yoga Classes with Pascale Vacher

10.00 am to 12.30 pm



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

Name			
Address			
Post code			
Email Address			
Tel - Home		Mobile	
<p style="text-align: center;">Sunday 7th October venue tbc</p>		<p style="text-align: center;">Sunday 11th November venue tbc</p>	
		<p style="text-align: center;">Saturday 8th December venue tbc</p>	
Cash Cheque (made payable to Pascale Vacher) BACS Payment (Pascale Vacher, sort code: 08-93-00, account number: 12475775)		<p style="text-align: center;">£18 (£15 concession)</p>	

NEW DATE

VENUE – A Yoga Room, Sheffield (S11)



Address	A Yoga Room, 10 Bents Drive Sheffield, S11 9RP
Description	The studio is fully equipped. Place is limited to 6 students.
Website	A Yoga Room
Access and Parking	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 - Hope Valley Yoga Studio, Hathersage (S32)



Address	Hope Valley Yoga Studio, Back Lane, Hathersage, S32 1BJ
Description	The centre is fully equipped. Place is limited to 12 students.
Website	Hope Valley Yoga Studio
Access and Parking	The Peak yoga studio is on Back Lane, Hathersage. Coming from Sheffield, just before Hathersage you will need to take the first sharp left turn into Back Lane. Going down the hill it is the last driveway (on the left, 20 metres or so) before the junction with Ninelands Road. As the studio is in a residential street it is important that traffic and parking does not become a problem for neighbours so please avoid parking on Back Lane and Roslyn Road even if others have done so. Please see parking advice online .

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



Address	'Zagyoga' Iyengar Yoga Studio, Harland Works, 70 John Street, Sheffield, S2 4QU
Description	The studio is fully equipped. Place is limited to 18 students.
Website	'Zagyoga' Iyengar Yoga Studio
Access and Parking	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).