



www.wombyoga.org

“Womb Yoga brings us home to ourselves as women. To honour the natural cycles of our womb life is to dance in time with the cosmic rhythms of the universe.”

Uma Dinsmore-Tuli

Womb Yoga Workshops in London 2012

The Life Centre Islington

Saturday 18.00-20.00 £20

25th February, 21st April,
19th May, 16th June, 23rd
June

15th September, 3rd November,
15th December

Info: www.wombyoga.org

Bookings: www.lifecentre.com

Bristol Weekly Womb Yoga Class

Yogasara

Wednesday 10.00-11.30 £9 drop in

Info: www.wombyoga.org
www.yogasara.co.uk
T: 07789 501 884

Stroud Weekly Womb Yoga Class

Subscription Rooms

Monday 19.30-21.00 £7 drop in

Info: www.wombyoga.org
www.subscriptionrooms.org.uk
T: 01453 760900

Womb Yoga Retreats 2012

**Stroud Womb Wisdom Retreat
with Alexandra Pope
at Hawkwood College**
Friday 10th - Sunday 13th February

Info: www.wombyoga.org
Bookings: www.womensquest.org

**Women's Yoga Week
at Burren Yoga, Ireland**
Friday 13th - Thursday 19th July
(part stay options available)

Info: www.wombyoga.org
Bookings: www.burrenyoga.com

**Spring Renewal Yoga Weekend
at Burren Yoga, Ireland**
Friday 13th - Sunday 15th April
(men welcome)

Info: www.wombyoga.org
Bookings: www.burrenyoga.com

**Italy Womb Wisdom Retreat
with Alexandra Pope
at Kushi Ling Centre**
Friday 26th - Sunday 28th October

Info: www.wombyoga.org
Bookings: latonello@gmail.com