



HATHA YOGA FILM

a donation based crowd funding project has begun!

Shadow Yoga Workshop Sunday 14 January 2018 in support of the Hatha Yoga Film fundraising project

The Basic Principles of Shadow Yoga
Revision with Caterina Hadjilias

09:00am - 12:00pm

Rose House, 70 Barnes High Street, London SW13

cost: £45

to book: caterinayoga@hotmail.com/www.yogaangarupamarga.com

Open to all - early booking advisable

All proceeds will be donated to the Hatha Yoga Film project. This is a full length documentary by Emma Balnaves, exploring the origins of Hatha Yoga, currently being produced. This workshop is part of a joined effort by many Shadow Yoga teachers worldwide, to support the realisation of this important film and to bring awareness to the public during the weekend of 12-14 January 2018. Please join the mailing list/by visiting the web below:

A kickstarter site will launch in 2018 www.hathayogafilm.com

