



# TIBETAN HEART YOGA

12-13 SEPTEMBER



with **KARL STRAUB**

**Session 1:** Fri 12 Sept 19.00-21.00

Special Yoga, 2a Wrentham Av, Queens Park, Tube: Kensal Green  
£25 or £17.50 conc. Register: [info@specialyoga.org.uk](mailto:info@specialyoga.org.uk)

**Session 2:** Sat 13 Sept 13.30-17.30

Claremont Project, 24-27 White Lion Street, Tube: Angel  
£25 Register: [niki@tibetan-heart-yoga.co.uk](mailto:niki@tibetan-heart-yoga.co.uk)

Feel great and meet new friends. Learn unique and very interesting Tibetan yoga that you've probably never seen before! Also explore gentle pranayama, Tonglen meditation, chant, mantra, and more. Learn a beautiful meditation on six special qualities of an angel. Karl will also give a demonstration of overtone chant.





# TIBETAN HEART YOGA

12-13 SEPTEMBER



with KARL STRAUB

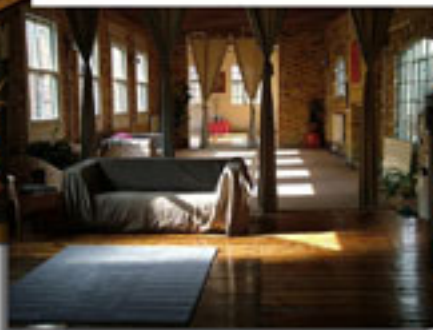
**Session 1:** Fri 12 Sept 19.00-21.30  
Special Yoga, 2a Wrentham Av, Queens Park,  
Tube: Kensal Green  
£25 or £17.50 conc.  
Register: [info@specialyoga.org.uk](mailto:info@specialyoga.org.uk)

**Session 2:** Sat 13 Sept 13.30-17.30  
Claremont Project, 24-27 White Lion Street,  
Tube: Angel  
£25 Register: [niki@tibetan-heart-yoga.co.uk](mailto:niki@tibetan-heart-yoga.co.uk)  
*bring a yoga mat*

Feel great and meet new friends. Learn unique and very interesting Tibetan yoga that you've probably never seen before! Also explore gentle pranayama, Tonglen meditation, chant, mantra, and more. Learn a beautiful meditation on six special qualities of an angel. Karl will also give a demonstration of overtone chant.

*All levels welcome.*

actual photos of the London event locations:



## BIO

Karl Straub is an experienced teacher visiting from the US; he travels worldwide each year to study with his teachers and conduct workshops. He is known for his skill, humor and warmth. He is featured in publications, teacher trainings, yoga festivals, and retreats in several countries.

*More info: [tibetan-heart-yoga.co.uk](http://tibetan-heart-yoga.co.uk) & [karlstraub.com](http://karlstraub.com)*