



## YOGA FOR REAL HAPPINESS WITH MAYA FIENNES

**Monday, 29<sup>th</sup> March 2010**

**10:30am – 12:00pm Fee: £15**

Come & Experience a unique Kundalini Yoga Class taught by this inspiring teacher.

**Monday, 29<sup>th</sup> March 2010**

**7:30pm – 9:30pm Fee: £25**

**Yoga for Real Happiness Master Class**

In this Master Class Maya will focus on everyday issues and teach you how the breathing exercises, postures, mantras and meditation from Kundalini yoga can help you to achieve Real Happiness in Life, something we all look for but which we need to be taught is within us - it just needs to be unlocked

**"Yoga's New Messiah" - Evening Standard**



**Maya Fiennes** was born in Macedonia and now lives in Los Angeles. She came to England in the early 1990s to complete her training as a classical pianist at the Royal College of Music and was soon playing with dazzling virtuosity at private recitals to audiences as diverse as the United Nations Assembly and members of the Royal Family. Maya runs regular yoga workshops and retreats using her original music, which she also performs live in concert. Her first DVD was launched in 2007. A TV production of *Maya and the Seven Chakras through Kundalini Yoga* was completed last year and launched on Sky. In August 2008 she released her first DVD box set of *A Journey through the Chakras*. She has also created and designed a range of contemporary yoga products. This year her workshops, retreats and tour destinations include Bali, Beijing, Hong Kong, Singapore, France, London and Los Angeles. Maya is married to music producer Magnus Fiennes and has two daughters aged ten and twelve.

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