



## **Events**

From Movement to Stillness **June 13th**

Dances of Universal Peace **June 25th 7.30 – 9.30**

Nature Awareness with Hannah – **July 5th**

Breathing Space Yoga and holistic health day retreat for women **July 3rd & 4th**

Introductory morning for Yoga Foundation course **July 31st**

Foundation course starts **Sept 19th**

Feldenkrais Day **Nov 28th**

### ***From Movement to Stillness Sunday June 13th***

10.30 to 4.30 Cost £30

Yoga Study and Practice day with Janet Evans

Janet is an experienced yoga teacher from the AYS School of yoga whose work is based on the teachings of Krishnamacharya and TKV Desikachar.

Book your place with Sarah Shaw [sarahshaw38@gmail.com](mailto:sarahshaw38@gmail.com) 01843 826423

### ***Dances of Universal Peace Friday June 25th***

7.30 – 9.30 Cost £5.00

Dances of Universal peace is a spiritual practice through song, dance and silence. No experience necessary. Call Sue 01227 831884 or Lucy 01227 738902

### ***Nature Awareness with Hannah - Natural Pathways. July 5th***

8.00 – 9.30 Cost £5.00

Discover how to develop and expand your senses in Nature to have a deeper and richer experience of your relationship with yourself and your natural environment. Within Richard & Cora's garden we will do gentle Nature Awareness Activities connecting with the beautiful trees and plants.

This is an introduction to a Nature Awareness Day- the next date is 21st August.

01304 842045 [www.natural-pathways.co.uk](http://www.natural-pathways.co.uk)

Location: Highfield House, Harbledown, Canterbury

### ***Breathing Space Yoga and holistic health day retreat for women***

July 3rd and 4th

Our wonderful fully inclusive nurturing and relaxing day for women includes yoga asanas, pranayama, relaxation, meditation, flamenco dance, tapas lunch and a therapy of your choice. Our first yoga workshop 'Rooting the feet and ascending to the clouds' focuses on grounding the feet, aligning the pelvis, and opening and lengthening the spine. We then spice the morning up with a fiery flamenco class that promises to be energising and fun. Socialise over our tapas lunch, relax, maybe take a swim, but definitely indulge in a lovely holistic therapy from our wide range on offer. Then allow the body to melt into blissful comfort and we gently stretch, breathe, meditate and relax, leaving the day fully vitalised.



Our retreat runs from 9.30 to 5pm and is organised by Abbey (Dip yoga and pilates) and Natasha who is an accredited BWY teacher and holistic therapist. We would also like to introduce Karin Van Maanen who is also a BWY accredited teacher who will be leading our afternoon yoga and meditation. All of our therapists and teachers are fully insured and members of recognised organisations so you can relax in safe hands. Each workshop is optional.

For more details or full timetable visit [www.breathingspaceonline.co.uk](http://www.breathingspaceonline.co.uk). Email [yogawithabbey@hotmail.co.uk](mailto:yogawithabbey@hotmail.co.uk) or [info@breathingspaceonline.co.uk](mailto:info@breathingspaceonline.co.uk) for a booking form.

Price. £60 early bird before 11th June. £65 thereafter.

Venue: The Studio, Highfield House, Canterbury.

Contact Natasha Calia (BWY, MICHT, RN) on 01843 596604: [info@breathingspaceonline.co.uk](mailto:info@breathingspaceonline.co.uk) for a booking form and further details.

Location: Highfield House, Harbledown, Canterbury

### ***BWY Foundation course. Introductory morning July 31st***

10.00 to 1.00 Cost £20.00

Do you attend a regular yoga class? Would you like to go a little deeper into the theory and philosophy underlying yoga? Would you like to find out more about the asanas and the pranayama and how to develop your own practice? If so, then this is the course for you. This course is also the pre-requisite for the BWY teacher training course. There will be 10 sessions running over a period of 6 months.

Find out more about this fascinating course at our introductory morning July 31st Cost £20.00 The course starts Sept 19th 2010 it will be run by Cora Kemball-Cook and Lina Newstead who are experienced British Wheel of Yoga teachers. The course will be a lively mixture of yoga practice, talks and discussion. At the end of it you will have more understanding of many of the yoga practices not always covered in a regular class and will feel more confident and able to practice at home. Full details and an application form will be sent on request from [corakc@canterburyyoga.co.uk](mailto:corakc@canterburyyoga.co.uk)

### ***Feldenkrais Day with Sabine Blackaby Sunday Nov 28th***

10.30 – 4.30 Cost £35

Improving your backbends by finding more mobility in the ribcage, chest and upper spine. Sabine is an inspiring and experienced teacher of Feldenkrais from Brighton.

For more details or to book your place contact Cora Kemball-Cook [corakc@canterburyyoga.co.uk](mailto:corakc@canterburyyoga.co.uk) or 01227 780488