



## Events – January to July 2012

Regular meditation group first Sunday of every month 6.00 to 7.30 with Cora  
The Evolution of Yoga with Peter Blackaby  
Feb 18th, March 17th, May 5th and June 9th  
Introduction to Mindfulness with Karin Van Maanen March 3rd  
Family Constellations workshop with Karen Hamblett – March 31st  
Learn Transcendental meditation weekend April 14th-15th and November 17th-18th  
Introductory day to the British Wheel of Yoga Foundation course April 21st  
A Day of Feldenkrais with Sabine Blackaby –May 20th  
A day with Sadhu Videhi June 3rd  
A meeting with a “genuine Indian Holy man”  
Workshop with Chloe Fremantle July 29<sup>th</sup>

### Regular meditation group first of the month 6.00 to 7.00

This group will suit regular or experienced meditators as no instructions will be given. It will be a chance to have space for silence. From 6.00 to 6.30 there will be a chance to practice some simple yoga postures, then at 6:30 there will be a meditation until 7.00. Tea will be served at 7.00 and there will be time for a further short meditation until 7:30. Entrance is by donation to cover costs and any profit will go to Save the Children. Contact Cora to reserve your place.

Tel 01227 780488 or 07711 830275.

### Series of workshops with Peter Blackaby. The Evolution of Yoga

Peter is an extremely popular and well known yoga teacher whose original training in osteopathy gives him tremendous insight into the anatomy of asana work. He has also worked with Mary Stewart and explored the Scaravelli approach to Yoga. Peter recognises that Yoga is constantly evolving as we learn more about how the body works and he uses the knowledge and insight from other fields of expertise such as bio mechanics to examine afresh our yoga. It will be a chance to analyse and understand at a deep level the real effects of yoga on the body.

The dates are as follows:- Feb 18<sup>th</sup>, March 17<sup>th</sup>, May 5<sup>th</sup> and June 9<sup>th</sup>

The days will run from 10.30 to 16.30. Hot drinks will be provided but bring vegetarian food to share.

Cost of each workshop is £38 but if all four are booked the cost will be £140.

### Introduction to Mindfulness meditation with Karin Van Maanen

March 3<sup>rd</sup> 10.00 – 4.00. Cost £35 (£30 concessions) [info@kariyoga.co.uk](mailto:info@kariyoga.co.uk)

Family Constellations workshop with Karen Hamblett – March 31<sup>st</sup> 10.00 – 5.00

For more details contact Karen 07880 714134



**Learn Transcendental meditation over a weekend with Colin Beckley** From The Meditation Trust ([www.meditationtrust.com](http://www.meditationtrust.com)) . You will have an individual session to learn the technique on the Saturday. Following this there will be group sessions on Sunday morning and evening and a further session on Monday evening. So many people have found that learning TM has been a life changing experience, helping them to deal with stress whilst improving their health and well being. Details can be obtained from The Meditation Trust 01843 841010. Cost is on a sliding scale according to your income

April 14<sup>th</sup>, 15<sup>th</sup> and evening of April 16<sup>th</sup>. November 17<sup>th</sup>, 18<sup>th</sup> and evening 19<sup>th</sup>.

## **Introductory day to the British Wheel of yoga Foundation course April 21<sup>st</sup>**

**10.00 to 1.00. Cost £15.00**

This course is an excellent way to deepen your knowledge and understanding of all aspects of yoga. It includes practical and theoretical work on Patanjali's Yoga sutras, asana (postures), pranayama (breathing practices), concentration, meditation and philosophy. We will also explore the history of yoga and examine different schools of yoga. The course is highly recommended as a foundation course for those considering yoga teacher training but is also useful to develop your own personal yoga practice.

Contact Cora for details. The course starts June 16<sup>th</sup> and runs once a month for 10 months.

## **Morning Feldenkrais session with Sabine Blackaby May 20<sup>th</sup> 10.30 – 13.30**

### **Movements of the Trunk, exploring our centre**

Often we are more aware of our arms and legs than we are of the centre of ourselves and how to move it. Exploring movements of the trunk can facilitate a lot of everyday movements and can also help us to improve various yoga asanas such as forward bends, backbends, twists, balancing postures and breathing. It allows us to find more flexibility while gaining stability and an easier way to be upright. Any difficulties in the arms, legs and neck can be positively influenced. Cost £25.00

### **Individual Feldenkrais lessons from 2.15**

An individual Feldenkrais lesson is a hands on approach where the teacher explores with people any difficulties or restrictions they might experience while moving. Being guided and supported by touch can help people to lose tension and to find alternative and easier more comfortable ways to move than their habitual, maybe limiting ones. Lessons are usually an enjoyable learning experience and people often report that they feel much more relaxed afterwards and can breathe more fully.

Please contact Cora for more details about the day and for booking either the workshop or individual sessions.



## Day with Sadhu Videhi June 3<sup>rd</sup>

Sadhu Videhi is an Indian sannyasi . Originally he qualified as a clinical psychologist but felt drawn to the life of a sannyasi, a wandering holy man. He has been travelled widely in India to discover the truth at the heart of all religions and is well versed in Christian, Hindu, Islamic, Buddhist, Jain and Sikh sacred teachings and practises. He also enjoys sharing his knowledge, experience and understanding of healing and psycho-spirituality. A quote from someone who met him last year “We were sitting in the presence of a genuine Indian Holy man, who has experienced Advaita, non duality, the oneness of all creation, very much at ease, blissful, full of humility and love.”

Times and cost to be confirmed.

Further details and bookings after March 5<sup>th</sup> from Jill Hemmings [jill.hemmings@btinternet.com](mailto:jill.hemmings@btinternet.com) 01233 811729 or 07864 863944

## Chloe Fremantle Yoga workshop July 29<sup>th</sup> 10.00 – 4.30

### **An exploration of the use of props to help us in our own yoga and in our teaching.**

Chloe is an inspiring teacher who often leads students to experience postures they may have felt unable to do by the strategic use of appropriate props. A day to explore and experience possibly some of the more challenging postures.

Chloe began studying Yoga in 1978 in Italy with Sandra Sabatini and Diane Long.

From 1982-2002 Chloe then learnt with Mary Stewart in London, (whose Yoga was influenced by Iyengar and Vanda Scaravelli). Mary has remained her key yoga influence.

Chloe trained to teach Yoga from 1990-1991 in London with Mary Stewart, Sophy Hoare and John Stirk.

She began teaching under Mary's guidance in 1987, and from 1988-2002 they taught many workshops and courses together, she also founded the London Yoga Teacher Training Group (LYTT) in 2002.

She is a member of the Independent Yoga teachers

[www.independentyoga.co.uk](http://www.independentyoga.co.uk)

Cost for day: £38

Unless stated otherwise contact Cora for details of events and booking on 01227 780488 or 07711 8302750.