

The venue: Abington Barns situated on the outskirts of Cambridge www.abingtonbarncourses.co.uk

Abington Barns 52 North Road Great Abington Cambridge CB21 6AS

www.yogapathuk.co.uk

email: yogapathuk@gmail.com

mobile: 07984 582214



Sivananda Yoga (Yang) and Yin Yoga (Yin) Yin & Yang Yoga for You

(No Experience Necessary)

Saturday, 1 December 2018 @ 10:00 – 14:00 (bring a light snack)

BOOKING DETAILS: PLEASE SEE BELOW

Join **Vimala**, on the path of a new journey. Learn how to cope and manage, focus & increase concentration. Activities and even confusion, especially over the busy festive season can leave us feeling exhausted, stressed and tense. Take time out for yourself.....

This workshop is for Every-Body – those looking for some time to re-charge, re-energise, re-store and re-vivify! Relax and feel more comfortable & confident in your own space.

Feel Great: This workshop offers the time and space to turn to your own inner resources and to connect to your intuition to recognise who you are! Step on to the mat with the body and breath in a non-judgemental environment, sharing energy with likeminded people. We will draw from Sivananda Yoga and Yin Yoga (Yang & Yin or Yin and Yang!) including breathwork, relaxation, mindfulness & meditation.

Physical Practices:

Sivananda Yoga with elements and combinations of Yin Yoga

Relaxation postures & techniques:

Savasana (the 'hardest posture')

Breathwork & breathing techniques:

Diaphragmic & Full Yogic breathing, Ujjai breathing, Kapalabhati ('shining skull') and Anuloma Viloma Pranayama (alternate nostril breathing).

For You: Are you currently experiencing one of life's transitions? Whether it's relationship, health, work, parenting, dealing with an invisible illness, birth or death, tension, stress or depression, it can all be over-whelming and we deserve to give back to ourselves, moving our bodies and connecting with ourselves and the breath amongst likeminded people helps regain equilibrium.

The Self: All our sensory organs open outwardly hence by nature we are bound to always seek outwards as a result our mind and intellect always remains entangled in the external world.

What about our internal self. We know about the world but not ourselves! Through yoga we are able to learn about our Own True Self!

Let's Talk – Communication

Your true nature, the 'Self', 'me' the producer of 'I'

Your body

Nutrition

Your breath

You, you are capable of more than you think!

Asana - comfortable pleasant posture

Pranayama - regulate breath

EQUIPMENT PROVIDED: mats, belts, yoga blocks & bricks

PLEASE BRING:

- cushion for additional Yin Yoga prop.
- throw and/or shawl for relaxation and meditation.
- light snack & drink

We have a limited stock of spare shawls and throws!

Booking: See below

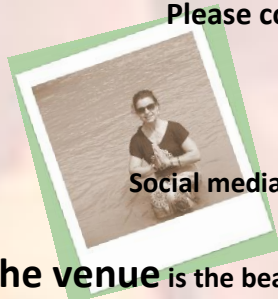
Please contact me, **Vimala**, for further information

www.yogapathuk.co.uk

mobile: 07984 582214

Email: yogapathuk@gmail.com

Social media: <https://www.facebook.com/yogapathuk.co.uk>



The venue is the beautiful Abington Barns situated on the outskirts of Cambridge

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Abington Barns

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Great Abington

Cambridge CB21 6AS

United Kingdom

Your Own Guided Actions



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BOOKING:

Unless otherwise arranged, pre-booking and payment required £34:00 per person

Please inform Vimala of your booking and payments made

Please use your Surname as the reference

NATWEST BACS

Yoga Path with Vimala

a/c: 25627899

s/c: 52-10-46

CANCELLATION POLICY:

- **FULL REFUND WILL BE MADE UP TO 16 NOVEMBER 2018 (14 DAYS BEFORE THE COURSE DATE)**
- **NO REFUNDS WILL BE MADE AFTER 16 NOVEMBER 2018 (WITHIN 14 DAYS OF THE COURSE DATE)**
- **APOLOGIES: NO EXCEPTIONS MADE!**

Please contact Vimala (details above) for additional information & further enquiries!

Your Own Guided Actions