

ASHTANGA VINYASA YOGA – HOW ADJUSTMENTS WORK

with Gingi Lee

Saturday 7th March 2009 - 13.00 to 18.00

Sunday 8th March 2009 10.00 to 15.00

At Yoga Akasha
The Old Mill, 45 London Road
East Grinstead RH19 1AW



Integral to Ashtanga Vinyasa practice is receiving adjustments & this workshop will focus on that essential process. It will be based on how adjustments work on your body & understanding how this element of Ashtanga can be taken in many layers to deepen your practice. We will explore in depth:

- The physical & energetic experience of being adjusted & the benefits of a good adjustment.
- How to tune in to the adjustment to experience it in its fullest way (but also see the signs of when things don't feel quite right)
- How the lines of energy work in your body with the movement the teacher is directing you towards as (s)he moves you.
- We will also look at tuning in to the breath & bandhas as you receive adjustments in order to deepen the experience.
- A Self Practice session will put it all in to practice.

This workshop is suitable for all practitioners, not just those who would like to become teachers.

The cost of the workshop is £75 for both days
or £40 for one day.

To book send a cheque payable to Scott Johnson,
2 Skeynes Farm Barn, Lingfield Road,
Edenbridge, Kent, TN8 5HN

For further details email scott@theyogasesions.com
or call Scott on 07951 574818.