



yoga akasha



IYENGAR YOGA AUTUMN WORKSHOPS WITH RACHEL LOVEGROVE

Rachel is an Iyengar yoga instructor with over 20 year's experience of the Iyengar method. She has been teaching since 1998 and runs regular UK workshops as well as several annual yoga retreats in Portugal and Ireland. She returns to Yoga Akasha this autumn to run two linked workshops.

30th October at Yoga AKASHA, East Grinstead

Workshop 1 of 2 (2nd workshop on 20th Nov) 11am to 4pm

Price: £35 all day or £25 for the morning only (11am to 1.30pm)

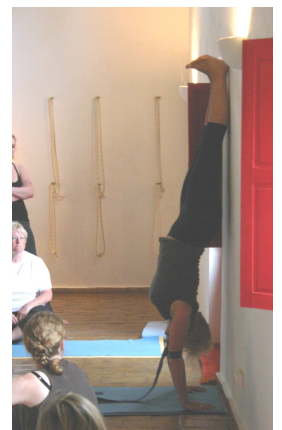
Rachel returns to the wonderful urban yoga space that is Yoga Akasha, for two linked workshops. Students can attend either but will benefit from coming to Workshop 1 & 2 as they follow on from each other. The first workshop will focus on building the foundations for a balanced practice and understanding the connections and links between the postures, the connection between the body, breath and mind. Suitable for all levels, you can attend just the morning only or the whole day. There will be a short break for lunch so please bring light refreshments.

20th November at Yoga AKASHA, East Grinstead

Workshop 2 of 2 (1st workshop on 30th Oct) 11am to 4pm

Price: £35 all day or £25 for the morning only (11am to 1.30pm)

This is the second of two linked workshops at Yoga Akasha. Students can attend either but will benefit from coming to Workshop 1 & 2 as they follow on from each other. The second workshop will look at more advanced work such as inversions and back bends with attention to detail and compassion for the body and mind and will finish with pranayama and recuperative postures. Suitable for all levels, you can attend just the morning only or the whole day. There will be a short break for lunch so please bring light refreshments.



To book, please contact Rachel via rachel@orangetreeyoga.com or call 0207 5588658 or visit her website at www.orangetreeyoga.com