



yoga
akasha

your space

April 2008

A DREAM IN THE MAKING

Jade, Jody, Kim and Yvonne welcome you to **yoga akasha**.

For some of us the seed of an idea was planted many years ago and for others only recently, and now the wonderful dream of a dedicated yoga space has come to fruition.

There is a diverse yoga community in and around East Grinstead with classes being held in halls large and small, classrooms, gyms and even rooms in teacher's houses. These classes offer a wide range of yoga traditions and teachings suitable for a variety of abilities. Talking to our students we found that many of them did not know about other teachers and the different traditions being taught in their local area and we felt they were missing out on wealth of experience.

The idea started to germinate during our regular teacher network meetings, as we discussed how we could help bring the wide spread yoga community together.

During September last year, the idea grew as we made a wish list of all the elements we hoped for in the search for a venue where we could provide the space, expertise and inspiration to support students and teachers in their exploration and practice of yoga. A space where we could hold daily classes, courses and weekend workshops for everyone.

We looked at many spaces available both in the centre of town and also on the outskirts. At some we found obstacles such as low ceilings, or pillars in the middle of the room, at others the energy just did not feel right. Finally in late January one shone through, having the right location, the right space and most of all the right heart.



Well – we did have some imagination

Negotiations started at a pace and emails were flying back and forth between East Grinstead and Thailand where our prospective landlord was competing in international sailing championships. The day after our landlord returned to England we signed the lease and then the hard work really started.

The electricians were called in, the existing floor removed and painting started in earnest. 850 sq ft of ceiling and surrounding walls is quite daunting, but friends and family came to the rescue and the painting was soon done.

Time to choose the right flooring, probably one of the most important elements of a yoga studio.

We wanted a surface that would enhance the space and bring energy to all who practice yoga on it.

We chose pine with an oil finish that allows the wood to breathe and move naturally.

Finally by the end of April, with thanks to yoga teachers in and around East Grinstead and with the help of yoga friends and family our dream had flourished and manifested in to a tranquil space where you can follow your yogic journey towards that elusive feeling of well being and your quiet space within.



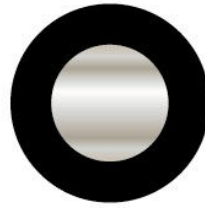
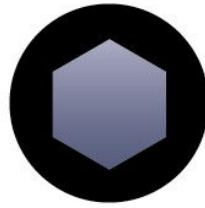
We hope you enjoy being here as much as we do.



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YOGA AKASHA ELEMENTS

At **yoga akasha** each class is graded by our unique 'elemental system' assisting students with their class choices: The grades are based on five major chakras (energy centres within the body) and their associated tattvas (elements or aspect of reality). The tattvas are thought to form the basis of all our experience and therefore create the person that you uniquely are in this universe. They help you to discover the gift that you have brought and the purpose you have to fulfil.



EARTH – stability
A gentle practice for the not so fit, not so young, for those returning to practice, or for beginners new to exercise. This calming, steady, supportive practice incorporates modifications for all abilities. Relax. eneraise

WATER – motion
A vigorous practice, focusing on physical detail, breath, strength and developing awareness, for experienced practitioners of yoga requiring a demanding practice

FIRE – transformation
A strong, dynamic practice for the physically fit and/or experienced practitioner of yoga. This strengthening and toning practice is energetic, stimulating and demanding, whilst focusing on the breath, so calms the mind and relieves tension

AIR – intention
A moderate practice to develop strength, stamina and flexibility. This explorative practice for physically fit beginners or those with experience focuses on physical detail, develops breath control, relaxation and awareness

AETHER - emergence
An energising asana practise with pranayama, concentration and introducing meditation, suitable for experienced practitioners of yoga. There may be specialist Aether classes for meditation, pranayama, or chanting only

YOGA AKASHA TIMETABLE

please check website for most recent timetable or contact us for information

Day	Time	Grading	Speciality	Teacher
Monday	08.30-09.45	Air		Kriya
	12.00-12.45	Water	Atma Vikasa	Jody
	13.00-13.45	Fire	Ashtanga	Jody
	14.00-15.30	Earth	Hatha	Yvonne
	19.30-21.00	Water	Hatha	Jody
Tuesday	09.15-10.45	Aether		Annabelle
	14.30-15.30	Water	Atma Vikasa	Jody
	18.00 -19.30	Fire	Ashtanga	Jody
Wednesday	08.15-09.15	Water	Hatha	Jade
	09.30-10.45	Fire	Ashtanga	Jody
	12.45-13.45	Earth		Kriya
	14.00-15.30	Air	Hatha	Yvonne
	15.45-16.45	Aether	Yin & Yang	Yvonne
	18.00-19.00	Fire	Beginners Ashtanga	Kirsten
	19.00-21.00	Fire	Ashtanga	Kirsten
Thursday	09.00-10.30	Earth		Kriya
	11.00-12.30	Air	Hatha	Jade
	12.45-13.45	Aether	Hatha	Jade
	15.45-16.30	Air	Kids 7-10	Kriya
	16.30-17.15	Air	Kids 11-13	Kriya
	17.15-18.15	Air	Teens 14+	Kriya
	Friday	08.00-8.45	Aether	Yin Yoga
09.00-10.30		Aether		Kriya
11.00-12.00		Earth	Hatha	Yvonne
12.15-13.00		Air	Hatha	Yvonne
Saturday	08.30-09.00	Aether	Meditation	Jody
	09.00-10.30	Water	Hatha	jody
	10.45–12.45	Earth	Pregnancy	Amanda



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