



yoga
akasha

your space

August 2008

WORKSHOP REVIEWS –

OPENING THE HEARTThe best and most beautiful things in the world cannot be seen or even touched. They must be felt within the heart – Helen Keller

Thanks to Jody the Opening the Heart Workshop went ahead even though Sue P was ill and unable to make the journey from Oxford.

Students thoroughly enjoyed the day saying
“The explanations regarding both the spiritual and physical approaches to ‘opening the heart’ were priceless. There was a positive, joyful feeling amongst all who attended the day.”

Tony

“Time flew by so quickly as we went through the morning session exploring and deepening postures and breathing techniques. After warming the body and mind, the afternoon was devoted to partner work, allowing us to take ourselves further and to relax into the postures, while coordinating our breathing with our partner, creating a positive harmony.” *Pascale*

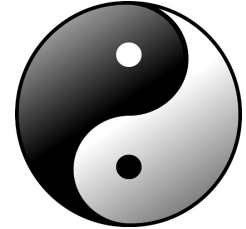


IYENGAR WORKSHOP – yoga akasha were also delighted to welcome Elisabeth Wengersky who teaches at the Iyengar Yoga Institute Maida Vale. This four-hour workshop enabled yoga askasha students to experience firsthand the The Iyengar method, developed by yoga master BKS Iyengar. This yoga tradition focuses on precision, and alignment in each posture. It builds strength, flexibility, stamina and balance. “Using the Iyengar method during the workshop has shown me how to work deeper in familiar postures and practising warrior I and II has become a whole new experience for me.” *Yvonne*.

FOCUS ON YOGA TRADITIONS

YIN YOGA – A QUIET PRACTICE

Sarah Powers, international yoga teacher, has this to say about Yin Yoga – “If you’re accustomed to working the body hard in your yoga practice, Yin Yoga may at first seem too slow, too simple. But this complex practice of long, passively held floor poses is deeply nourishing and has myriad benefits. On a physical level Yin Yoga enhances the natural range of motion in the joints.



By keeping your muscles soft, you release deep layers of connective tissue, creating more ease in all of your yoga practices and in seated meditation. On an energetic level, Yin Yoga enhances the flow of prana (life force) in the tissues around joints where energy often stagnates. Sequences are often geared toward strengthening certain energy channels, which support

the organs, immune system and emotional well-being. Then there are mental benefits: holding poses for a period of time marries meditation and asana in to a very deep practice”. Yin Yoga is a perfect balance to your Yang life style. The essence of Yin is yielding and we are rarely taught to balance our Yang led culture of changing the world and leaving our mark, with the quality of acceptance, learning how not to struggle and just allow things to unfold. Yvonne teaches Yin Yoga on Friday mornings and Wednesday afternoons.

In **SATYANANDA YOGA** the emphasis is towards a meditative approach and the spiritual aspect of Yoga, in the tradition of the Bihar School of Yoga.

This tradition builds on ancient practices by progressively adding layers, thereby deepening and enhancing the basic practices. The diversity of approach makes this tradition accessible to all students, from beginners to more advanced practitioners. Yoga practices developed by Swami Satyananda Saraswati and the Bihar School of Yoga aim to harmonise all levels of human life and experience through practical means. Paramahansa Satyananda is a disciple of Paramahansa Sivananda. Kriya teaches a range of Satyananda classes throughout the week.

NEW CLASSES AT YOGA AKASHA

STARTING TUESDAY 23RD SEPTEMBER – 11.00 to 12.30
Satyananda Yoga with Kriya.

This earth grade class replaces the 09.15 air grade class.

STARTING TUESDAY 23RD SEPTEMBER – 12.45 to 13.45
Meditation with Kriya.- beginners welcome.

STARTING THURSDAY 11TH SEPTEMBER – 18.15 to 19.30
Scaravelli inspired yoga with Ruth Polden. A mixed ability class.

STARTING MONDAY 22ND SEPTEMBER – 18.00 to 19.15
Hatha Yoga with Jody Lawrance. An earth graded class

Check the up-to-date timetable on the website for changes to class times during September.



**CREATIVE ASHTANGA YOGA with
Liz Lark – Sunday 7th September –
13.00 to 17.00**

Liz teaches creative Ashtanga Yoga with safe variations to suit all levels. Her yoga training with Derek Ireland in Crete instilled a love for dynamic, vinyasa based Hatha Yoga. Since then her teaching has flourished and now she is a board member on the Life Centres highly regarded teacher training. Liz has published a number of books and recently released a DVD.

The workshop runs from 13.00 to 17.00 and will consist of 2 classes with a break for an hour during the afternoon for tea and biscuits.

The price for the workshop is £40 – to book or for further details contact Scott at yogiscott@mac.com or call Scott on 07951 574818.



**BHAGAVAD GITA STUDY
With Hilary MacRae, (BWY DCT,
KHYF Trainer -Sunday September
21st & 28th - 10.30 to 13.00**

Explore this inspiring text through chanting, study, discussion and reflection. Each session will contain an introduction to the section of the text to be examined, then chanting of key verses, and guided discussion of the main issues and their relevance to yoga practice and modern life.

£15 per session or £25 for both. For details or to book contact Hilary direct by email at

hilary.macrae@hotmail.com or on
01273 710505

SEPTEMBER WORKSHOPS



**'DEEPER INTO YOGA'
(Yoga and the Principles and
Practices of Meditation) with
Anuraga (Annabelle Tame) –
Saturday 13th September –
10.30 to 13.30**

This workshop is for yoga students who want to deepen their experience of yoga, as well as for people who don't practice yoga but are interested in meditation. We'll explore the general principles, what do we actually mean by meditation, why do we want to do it, what are the benefits, what sort of meditation practices are there and which ones are suitable for us? We'll experience two basic techniques and learn how to establish a personal practice. There will be a follow up workshop and an opportunity to continue to meditate as a group. The price for the workshop is £20. For details or to book contact Anuraga on annabelle@onetel.net, or call 01342 824188

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FOLLOW THE 'EVENTS' LINK ON OUR
WEBSITE www.yogaakasha.co.uk
FOR DETAILS OF DAILY CLASSES SEE THE
UP TO DATE TIMETABLE ON OUR WEBSITE
www.yogaakasha.co.uk**

**NEXT MONTH
BWY SE Region - In Service
Training Day & Satyananda Yoga In
Service Training Day
THE USE OF SWARA & TATTWA IN
TEACHING with Swami
Vedantananda Saraswati
Friday 10th October 2008 –
10.30 to 16.30
£30 For details or to book contact
enquiries@yogaakasha.co.uk or call
07956969141**



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