



yoga
akasha

your space

July 2008

INTRODUCING YOGA AKASHA TEACHERS, KEVALA

I'm Kevala, I teach at **yoga akasha** on Tuesday evenings and I've been invited to introduce myself. I attended my first yoga class at a very challenging point in my life. Being so unsettled at the time, it was tough for me to find any peace, but after the class, I didn't know how or why, but I drifted home feeling unburdened by my current pressures. I woke up with them again the next morning but now knowing that I had found a technique that could relieve life's pressure valve; that's how I came to be on a yoga mat every Friday evening. That first experience of relief was nearly ten years ago and as my understanding of yoga has grown, it has branched out into every corner of my life. That first class was with my teaching guide to present day, Saraswati Neville. I returned to East Grinstead from London, eager to experience any other classes locally that I could find. My practice extended over the following years to regularly include Bikram, Ashtanga, Satyananda and Iyengar Yoga methods plus annually retreating with Saraswati. I travelled to Chile in late 2004 to work with a long-term student of BKS Iyengar, there working intensively with yoga postures and on how to create a flowing practice. It was in South America that I decided to train to teach when I returned to England. Thankfully, Saraswati welcomed me onto her training course. Allowing me to grow at my pace, I completed my training two summers ago. For me, weekly attendance still with my beloved teacher is of primary importance, ever moving forward in my understanding of the science of yoga. That is why I'm presently also completing a three year course with The Comprehensive Yoga Fellowship.

I teach two classes at **yoga akasha**, the first at 7.00pm. This is an hour of guided relaxation, breathing and meditation techniques. Guiding students into quietening the mind, by using various methods that encourage the release of mental tension. Favoured methods can be used at home to relieve for example sleeplessness and to encourage a positive and peaceful frame of mind in

daily life. You're not required to sit throughout the whole session, the class begins and ends lying down, with some gentle stretches to ease out the body during the class. An 8.15-9.45pm Hatha class follows. The class also includes breathing and relaxation techniques, but primarily focuses on yoga postures.

Paul Grilley, a teacher from the USA, has greatly broadened understanding of individual anatomy and how it affects yoga poses. I attended an in depth week of Anatomy for Yoga with Paul and this influence is echoed in my teaching approach to postures. I am also trained in yoga for pregnancy, so Mothers-to-be are most welcome to join the Hatha class. To attend either class requires no previous experience of yoga. I introduce the poses in stages, building up to the full depth of each one, so all levels of experience are welcome. Namaste



JULY OPEN DAY

yoga akasha held a July open day on Saturday 26th and we would like to thank those of you who helped to promote this by telling your friends and relations. We were delighted to welcome new comers to yoga, who had seen our advertisements in the East Grinstead Courier and Observer. We were also fortunate enough to catch up with old friends who came to **yoga akasha** for a class for the first time, and especially welcomed some mums to be who joined Amanda's yoga for pregnancy class. We also talked to teachers who had

come to see the space with a view to teaching at **yoga akasha** in the future.

THE FIRST WORKSHOP AT YOGA AKASHA

At the end of July Mark Freeth set the workshops at **yoga akasha** off to a great start with his day on 'Creating Your Own Vinyasa Practice'.

"Having just run my first workshop at **yoga akasha**, I have to say it's one of the most gorgeous spaces I've ever taught in. My students and I worked hard and had great fun and I am already looking forward to my next visit" Mark Freeth



WORKSHOPS COMING SOON



OPENING THE HEART With SUEP Sunday 17th August 10.00 to 16.00

The workshop will focus specifically on opening and strengthening the heart/sternum area. Oftentimes we feel either too exposed or too closed. This workshop will help us to consider how we can develop and regulate feeling open, strong and protected, all at the same time. The morning session will be a balanced practice covering the main asana groups, looking at which asanas specifically open and strengthen the chest/heart area, and how, in all our asanas we can bring awareness and prana to this part of us through improving alignment. In the afternoon there will be time for questions and discussion, pranayama, meditation and relaxation.

£40 For details or to book contact jody@yogaakasha.co.uk or call 07956969141

A MORNING IYENGAR YOGA WORKSHOP FOCUSING ON NECK AND SHOULDERS with Elisabeth Wengersky - Saturday 30th August - 10.30 to 14.30

With all the stresses created by modern day living we tend to hold a lot of tension in our necks and shoulders, causing fatigue, tension headaches, and poor posture. This 4 hour workshop will focus specifically on necks and shoulders, using Iyengar Yoga techniques to open and release this hard to relax area. Using both standing and floor work, Iyengar Yoga emphasises detailed alignment of the body whilst holding postures for a while. This is done by using props such as belts, blocks and blankets to help us practice the postures safely at a pace that suits each individual body. This workshop is recommended for students who have already been practicing yoga for over a year.

£40 For details or to book contact enquiries@yogaakasha.co.uk or call 07956969141

'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

£20 For details or to book contact Anuraga on annabelle@onetel.net, or call 01342 824188

BHAGAVAD GITA STUDY -Sunday September 21st & 28th - 10.30 to 13.00

Explore this inspiring text through chanting, study, discussion and reflection with Hilary MacRae, (BWY DCT, KHYF Trainer). £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

BWY SE Region - In Service Training Day and Satyananda Yoga In Service Training Day THE USE OF SWARA AND 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

FOR MORE DETAILS OF WORKSHOPS 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



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