



yoga
akasha

your space

June 2008

WHAT A LEGACY.....

We would like to thank Stuart for his wonderful email about his discovery of yoga and the turning points in his yogic journey. We thought that you too may be interested, so we have printed it below in full for you to share.

“To all at **yoga akasha**

Four years ago, or so, I started attending Pilates classes having, at that time, really no sense of the nature of Yoga. At some stage I became aware of a new course on Ashtanga yoga, and as it sounded rather dynamic, I thought I would investigate. I was immediately hooked and over time began to try other yoga classes. This was all at Elan Studios in Haywards Heath. I gradually made progress in my abilities. So joining the Ashtanga course was a turning point which had started my interest in yoga. When Elan Studios cut back on its classes and became a nursery I found some new yoga sessions at the Dolphin Centre, also in Haywards Heath. This gave me further insights even though the atmosphere at the centre was rather frenetic. At the same time I found Kirsten's 2 hour Ashtanga at Peredur. This was yet another massive boost - her two hour session really providing a wonderful, powerful yoga experience which, with its exposure of the full primary series and some secondary series, again led to great progress for me. And now there is a third big change as Kirsten has connected to **yoga akasha**. This has led me into exploring many of the **yoga akasha** classes and I must say that yet again my experience has bounded forwards. Everybody I have met has given me excellent sessions with much enjoyment, invigoration, tranquillity and so on. Oddly just before this I had already decided that I would give up any association with Pilates, and I had also stopped attending Tai Chi at Nutley because I knew that I needed to focus entirely on yoga. And suddenly there was this new centre! The pinnacle is inevitably Kirsten's Ashtanga but now it is surrounded by many jewels. So I look forward to the months ahead.

Thank you. Stuart”

Subscribe to **YOUR SPACE**. Keep up to date with the latest news on classes, courses and workshops at www.yogaakasha.co.uk. To receive our newsletter either email your name and the word “subscribe” to newsletter@yogaakasha.co.uk, ring us on 07956 969141, or complete a subscription form when you come to class.

FOCUS ON YOGA TRADITIONS

Over the course of the next few newsletters we will publish a short insight into the different yoga traditions and practices. This will help you choose the class that is right for you. If you would like further information in order to make your choice please contact **yoga akasha** or ask your teacher during class.



ATMA VIKASA begins with classical sun salutations to warm the whole body followed by a balanced sequence of standing postures, back bends, seated forward bends and twists, closing with a shoulder stand sequence and then relaxation. This is a strong class as postures are held for longer than some practices and it includes some challenging postures, although modifications are always available so it is suitable for a fairly wide range of abilities. Benefits include increased flexibility and muscle tone, improved concentration and balance plus a general sense of well being /peace of mind.

NEW CLASSES AT YOGA AKASHA

MONDAY 10-11.30. Starting on 16th July - **Dynamic Yoga** with Mark Freeth

TUESDAY – 19.00 to 20.00 **Meditation** (beginners welcome) with Kevala (Tracey)

TUESDAY – 20.15 to 21.45 an **Air graded Hatha** yoga class with Kevala (Tracey)

THURSDAY - **Kids Yoga** with Kriya
Aged 7-10 at 15.30 to 16.15,
Aged 11 – 13 at 16.15 to 17.00
& **Teens (14+)** at 17.00 to 18.00

THURSDAY - 18.15 to 19.30
Earth graded Satyananda yoga class with Kriya

CREATING YOUR OWN VINYASA PRACTICE with Mark Freeth –**Sunday 27th July 10.00 to 15.00**

One size does not fit all. And every day is a different practice. An intelligent way to approach our practice is to decide what we'd like to work on, what we'd like to improve or be able to do full stop - whether it be open those tight shoulders/hips or perfect that handstand - and practice accordingly. This is the essence of vinyasa krama - the logical sequencing of breath/movement-related postures to a particular end. So come along with sticking points in your practice and in the context of a kind of improv-workshop, I will suggest sequences you can take away and work on yourself. Open to practitioners from all yogic disciplines, but no absolute beginners to yoga.

£40 To book, contact Mark at mark@vinyasa.co.uk 07833 624398 www.vinyasa.co.uk.

OPENING THE HEART With SUE P 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.

£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**

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**

£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