



yoga  
akasha

# your space

November 2008

## CHRISTMAS OPENING TIMES AT YOGA AKASHA

Day	Time	Speciality	Grading
Mon 22 Dec	12.00-12.45	Hatha -Jody	Earth/Air
	13.00-13.45	Atma Vikasa-Jody	Water
	18.00-19.15	Hatha-Jody	Earth
	19.30-21.00	Hatha-Jody	Water
Tues 23 Dec	14.30-15.30	Atma Vikasa-Jody	Water
	17.45-18.45	Hatha-Yvonne	Earth/Air
	19.30-21.30	Ashtanga-Scott	Fire
Wed 24 Dec	Closed		
Thurs 25 Dec	Closed		
Fri 26 Dec	Closed		
Sat 27 Dec	08.30 – 08.50	Meditation – Jody	
	09.00 – 10.30	Hatha –Jody	Water
Mon 29 Dec	12.00-12.45	Hatha -Jody	Earth/Air
	13.00-13.45	Atma Vikasa-Jody	Water
	18.00-19.15	Hatha-Jody	Earth
	19.30-21.00	Hatha-Jody	Water
Tues 30 Dec	14.30-15.30	Atma Vikasa –Jody	Water
	17.45-18.45	Hatha-Yvonne	Earth/Air
	19.30-21.30	Ashtanga-Scott	Fire
Wed 31 Dec	Closed		
Thurs 1 Jan	Closed		
Fri 2 Jan	08.00-08.45	Yin Yoga-Yvonne	Aether
	11.00-12.00	Hatha – Yvonne	Earth
	12.15-13.00	Hatha – Yvonne	Air
Sat 3 Jan	08.30 – 08.50	Meditation – Jody	
	09.00 – 10.30	Hatha –Jody	Water

yoga akasha is now in its 7th month and as we look forward to Christmas and the New Year we would like to review the past few months and thank everyone for their support.



There are now nine teachers, teaching twenty-six classes per week including 3 meditation classes and a specialist class for pregnancy.



yoga akasha also welcomed 7 guest teachers during the 10 amazing and inspiring workshops.

Most of all we would like to extend our Christmas and New Year wishes to you, the 231 yogis and yoginis who have visited **yoga akasha** since our opening in May.



### PRESENTS FOR CHRISTMAS

are friends and relatives asking you what you want for Christmas? How about eco friendly yoga equipment?..... A limited supply available from **yoga akasha**:

**Cork Block** £11.25      **Ecoyoga Mat** £30.00      **Meditation Cushion** £20.00

And for that special gift - **1 months membership at yoga akasha** £50 enables your loved one to attend as many classes in the month as they like.

Ask Jade, Jody, Kriya or Yvonne when you are next at **yoga akasha**

# COMING IN 2009

## BRITISH WHEEL OF YOGA FOUNDATION COURSE with HILARY MACRAE

British Wheel of Yoga Diploma Course Tutor  
Krishnamacharya Healing and Yoga Foundation  
Teacher Trainer

The course will run from May to Nov 2009  
and will comprise 10 Sunday meetings from  
09.30 to 17.00

The British Wheel of Yoga Foundation Course is an excellent course—both for learning more if you are interested in developing your personal yoga practice, and also as a forerunner to the BWY Teachers Diploma Course.

This 60-hour course is designed to intensify and expand the practices of general yoga classes and is available to anyone who has a keen interest and wants to learn more about Yoga. It delves into a wide variety of strands of yoga, such as preparation for practice, asana (postures), mudra (sealing gestures), basic breathing, kriya (cleansing practice), pranayama (breath control), concentration techniques, relaxation techniques, chanting, talks and discussions on the context and meaning of Yoga

The Foundation Course 1 is run nationally (in England, Scotland and Wales) and provides a comprehensive grounding in basic practical techniques taught in the context of the philosophy that underpins Yoga. It is an ideal preparation for those who may wish to train as yoga teachers in the future, as it is often a requirement for acceptance on a BWY Diploma Course but it is equally suitable for yoga students who do not wish to teach but would like to develop their knowledge of yoga further.

Applicants will need to have practised yoga for a minimum of two years and to become members of BWY before acceptance. Successful participants will receive British Wheel of Yoga Foundation Course 1 Certificate of Attendance. For details of the full content and costs and an application form please contact [hilary.macrae@hotmail.com](mailto:hilary.macrae@hotmail.com)

## THE JOY OF MANTRA

With Hilary MacRae

Sunday 25<sup>th</sup> January 2009 - 10.00 to 13.00

This 3 hour session will give the opportunity to practise Vedic chant including the Gayatri Mantra and to incorporate mantra into yoga practices of asana, pranayama and meditation.

All are welcome.

The price for the workshop is £15

For details or to book contact Hilary direct by email at [hilary.macrae@hotmail.com](mailto:hilary.macrae@hotmail.com) or on 01273 710505

## VITALISE TO REVISE

With Kriya and Jane Morris-Brown

Sunday 8<sup>th</sup> February 2009 - 10.00 to 16.00

A one day workshop for 15 to 18 year olds exploring supportive strategies to deal with GCSE and A Level exam pressure, including:

- Yoga
- Breathing & Relaxation
- Organisational skills
- Motivation techniques
- Peer support.

Kim Leys (Kriya,) experienced 'young people's yoga' instructor and Jane Morris-Brown, secondary school teacher and complimentary therapist, join forces to inspire, empower and promote well-being in this decisive and stressful time.

The price for the workshop is £50

For details or to book contact **yoga akasha** 07956969141 or email [enquiries@yogaakasha.co.uk](mailto:enquiries@yogaakasha.co.uk)

FOR MORE DETAILS OF WORKSHOPS FOLLOW THE 'EVENTS' LINK ON OUR WEBSITE [www.yogaakasha.co.uk](http://www.yogaakasha.co.uk)

FOR DETAILS OF DAILY CLASSES SEE THE UP TO DATE TIMETABLE ON OUR WEBSITE [www.yogaakasha.co.uk](http://www.yogaakasha.co.uk)



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