

YOGA DAY

14 MAY 9.30 - 4.30



Yoga as Self Practice: a one day workshop with Olivia Crooks

**at Tyddyn Retreat
Carno SY17 5JU**



Cost £30: including workshop tuition, a recording of the morning class & light lunch. To book please text 07767 370739 or email romy@walescottageandvenue.com

Once upon a time most yoga was practiced alone, following guidance from a teacher. Now that this is no longer the case, yoga is not only more expensive, but less fertile. Of course we need to be shown what the possibilities of practice are: movements, shapes, sequences, modifications. But to put them fruitfully into action we need to practice at our own pace, according to our own needs and capabilities. **This workshop is designed to give you a sense of direction towards a self practice** that can simultaneously nourish body and mind. It will have a clear focus on using movements and shapes to release, stabilise, strengthen and integrate the joints, while activating, strengthening and integrating the muscles. You will be shown how to recombine a core group of movements and shapes to meet your changing and progressive needs.

This workshop is suitable for all posture practitioners, from those who have much experience to those to have very little.

Schedule

We will start the morning with a led class, then there will be a presentation of postures and movements, followed by an exploration. We will break for a light lunch half way through.

A little about Olivia

<http://www.dynamicsyoga.com/oliviaji.php>

A little about Godfrey Devereux whom Olivia has been working closely with for the last 13 years

<http://www.dynamicsyoga.com/godfridev.php>

A little about the Dynamic Yoga Training Method

<http://www.dynamicsyoga.com/method.php>

What to bring

Yoga mat, blanket, Yoga mat, blanket – if you don't have these let us know beforehand and we can bring either or both for you.