

Begin a journey of self discovery, finding new ways to approach traditional postures, using fine, subtle inner muscles that bring suppleness without relying on outer strength – unlocking each posture by applying simple but profound principles of practice.

A three Masterclass series exploring Scaravelli-inspired yoga in our daily practice

Freedom of Movement

24 Sept 2011, 10:30 to 13:30, Marlborough, Wiltshire

Exploring new ways to prepare our body and release habitual tensions to find effortless ease in our practice

Growing from the Spine

12 Nov 2011, 10:30 to 13:30, Marlborough, Wiltshire

Integrating limbs and body, so we can extend the spine into whole-body movement

Creating your own Practice

03 Dec 2011, 10:30 to 13:30, Marlborough, Wiltshire

Refreshing our practice by returning to first principles – so that each posture becomes a new adventure

Three half-day workshops with limited availability (max.14).
£35 per workshop, £90 per series. Advanced booking essential.

Download a booking form at www.oldbarnyoga.co.uk
or contact jeanninewilliams@hotmail.com