

**‘Rejuvenate’
At The Yogashed Summer School**



Summer School at The Yogashed Timetable - July 25th – August 4th 2016

Date	Time	Class	Teacher	Cost
July				
Monday 25th	10am – 12pm	Yoga for Combatting Stress and Fatigue	Tracy Gaillie	£22
	7 - 8.15pm	Pranayama - the Power of the Breath	Mona Baur	£10
Tuesday 26th	7-8.30pm	Yin/Yang Yoga workshop	Mona Baur	£12
Wednesday 27th	10am-12pm	Mindfulness for Daily Life workshop	Selina Sasse	£22
	6.30-8.30pm	Yoga Nidra workshop	Deborah Poll	£22
Thursday 28th	10 – 11.15am	Restorative yoga	Tracy Gaillie	£10
	7.30-8.30pm	Gong bath	Rosita Hills	£12
Friday 29th	10am-4pm *Please bring your own lunch	Yin, Mindfulness and Psychological Enquiry Workshop	Sarah Lo	£65
August				
Monday 1st	10 – 11.15am	Hatha Fusion Yoga	Tracy Gaillie	£10
	7.30-8.30pm	Gong bath	Rosita Hills	£12
Tuesday 2nd	7-8pm	Meditation class	Deborah Poll	£8
Wednesday 3rd August	10-11.30am	Integrated Yoga & Mindfulness	Selina Sasse	£12
	7 – 9pm	Yoga for Combatting Stress and Fatigue	Tracy Gaillie	£22
Thursday 4th August	10am – 11.15am	Gentle yoga	Tracy Gaillie	£10
	7-8.15pm	Hatha Flow	Jo Sheppard	£10

See below for further info on classes and workshops. Contact Tracy:
yoga@hathafusion.co.uk or on 07789 260068 to book your place.

Classes and Workshops – further information:

Pranayama - THE POWER OF THE BREATH - with Mona Baur.

Monday 25th July 7 - 8.15pm

A class for anyone interested in exploring different breathing practices. The purpose of pranayama is to improve the function of the respiratory system, the gateway to purifying the body, mind and intellect. The word pranayama is comprised of two elements: Prana and Ayama. Prana is the vital life force, Ayama is defined as expansion or ascension.

The breathing techniques will enable us to consciously control the inhalation, retention and exhalation of the breath, and harness and direct the prana.

This class will focus on different techniques and methods of pranayama as well as finding our essential breath through a Breath Meditation.

Yin/Yang Yoga – ‘Exploring the Elements and The Fragrant Heavens’ workshop with Mona Baur.

Tuesday 26th July 7 to 8.30pm

We'll be starting with a Yang Yoga Sequence (Dynamic Flow), mobilizing the active aspect of the energy body, connecting with Ujjayi breath and circulating vital chi (prana) through our body.

In the Yin Sequence we will bring a connection to the Meridians, Elements & Chakras, deepening our meditative attention.

The use of Fragrances & Aromatherapy oils during the practice facilitates a deeper and intuitive connection, creating a bridge between the physical & spiritual self.

Mindfulness for Daily Life a workshop with Selina Sasse of Mind Body Dynamic.

Wednesday 27th July 10am-12pm

Introducing techniques to help you enjoy the full bounty of summer, through every sense, learning to recognise and let go of being lost in thought. This workshop will teach us how to tune into the body and breath as part of a moving meditation.

Techniques you can use to feel more grounded and fully present in the ups and downs of life.

Suitable for those new to meditation and or yoga, or as a way to refresh an existing practice.

Yin, Mindfulness and Psychological Enquiry - full day workshop with Sarah Lo

Friday 29th July 10am to 4pm

This specialist workshop with Sarah Lo integrates tuning in with our subtle body experience, psychological inquiry and mind training through focusing on our physical Yin practice and meditation practice with both inner practices and group work. Inner practices involve recognising, allowing and letting go of that which obstructs or hinders us from our full potential.

We will examine the 4 aspects of our human experience - Body, Emotional Self, Intellect and Spiritual Self. We will learn how to bring ourselves more compassionately and responsively to the current state of our being and feel

into the actual needs of our Body, Mind, Emotional Self and tune in to the guidance of our innate wisdom.

This is a workshop suitable for those students who have studied or been practicing yoga for some time or have a suitable background in this style of work. It is not recommended for beginners.

CPD points are available for those teachers attending.

Please book early to avoid disappointment – only 8 places available. Please note: please bring your own lunch, drinks will be provided.

An Integrated Yoga and Mindfulness class with Selina Sasse of Mind Body Dynamic.

Wednesday 3rd August 10am to 11.30am.

Bringing the mind into balance through the body and breath. Releasing mental and physical tension, open up to a greater sense of energy and joy.

Combining yoga and mindfulness Selina will guide you through this blissful body mind integration, utilising the powerful practice of Mindfulness.

Yoga Nidra workshop with Deborah Poll

Wednesday 27th July. 6.30-8.30pm

The transformative and ancient practice of Yoga Nidra can be a profoundly enlightening, deeply relaxing and healing experience.

In this two hour workshop you'll be guided in a secular adaptation based on iRest – Integrative Restoration which is supported by a body of research proving its efficacy and which is used in a broad range of therapeutic settings the world over and has been used with amazing results to treat those suffering from PTSD, Depression, Anxiety, Insomnia, Chronic pain or Chemical dependency.

The process combines the tools of self-inquiry, guided meditation and modern brain research.

Through a blend of explanation and experience you'll be introduced to setting intentions, exploring your heartfelt mission, creating an inner resource of well-being, body sensing, breath sensing and welcoming feelings and emotions as messengers which provide valuable feedback.

You will be guided into a state of deep relaxation and being 'wakefully asleep', as the basis for self inquiry; while feeling calm and rested you are able to see more clearly the feelings and thoughts that arise, and how to release negative patterns that keep us feeling stuck.

With practise you may also develop a 'tool box' to be able to meet and be at ease with all the circumstances we find ourselves in during daily life.

There are no requirements or skills necessary other than the willingness and curiosity to open to what each moment reveals.

Meditation with Deborah Poll

Tuesday 2nd August. 7-8pm

Meditation is an experience of relaxing the body, quieting the mind and awakening the spirit and classes offer a simple and contemporary approach that suit both beginners and more advanced practitioners alike.

Usually the class is divided into four parts:

Gentle movement to release stress and tension and to still the body.

When we are sitting comfortably we then discuss some aspect of philosophy, psychology or neuroscience that may be topical or relevant to the meditation we are about to practise.

Then using a variety of breathwork techniques we begin to relax the body and focus the mind, turning our attention to the inner landscape before finally entering into our meditation.

Deborah's teaching style blends the ancient, the modern and the informative with a pinch of humour thrown in for good measure. There are no requirements or previous experience necessary other than a willingness and curiosity to be met where you are, be encouraged to join in and be given the opportunity to offer yourself a whole lot of kindness.

Gong Bath

Thursday 28th and Monday 1st August 7.30 – 8.30pm

Join Rosita Hills for this meditative sound relaxation. Bathe in the immersive and healing vibrations of one of the oldest musical instruments known to man.

Experience a therapy based on ancient wisdom, the Gong is played at frequencies that allow the body to heal itself and balance the vital energies.

Hatha Flow Class with Jo Sheppard

Thursday 4th August 7 -8.15 pm

Go with the flow... this combination of the hatha fundamentals of held postures, breathing techniques and meditative awareness combines with flowing vinyasa sequences to create a practice that builds strength, flexibility and stamina. Expect some dynamic work.

Yoga for Combating Stress and Fatigue with Tracy Gaillie

Monday 25th July 10am-12pm

And

Wednesday 3rd August 7 – 9pm

There are many reasons why we might be experiencing fatigue. From chronic illness, to the effects of stress or simply because life has become too busy, we can all have times when we need a little help to pause for rest.

Using gentle movements and deeply restful practices, including relaxation, supported postures and breathing techniques, this workshop will offer a retreat from daily life and an opportunity to rest, restore and rejuvenate.

Gentle Yoga

A therapeutic class that combines the principles of hatha yoga, yoga therapy and restorative practices to create a class that evolves with the individuals within it. Combining asana, pranayama and relaxation these classes are suitable for most levels of experience and ability.

Restorative Yoga

Calm the mind and body and reconnect to your inner peace. Restorative yoga facilitates the body's innate need to rest and relax. Supporting the body with props (such as bolsters and blankets) and working with breathwork and gentle movements enables longer holds in postures and encourages release of tension in the body and mind. An immersive and deeply relaxing practice awaits.

Hatha Fusion Yoga

Bringing together a fusion of traditions and practices to enable an eclectic approach to yoga can facilitate a more personal sense of practice, whilst sharing the experience in a group setting. Tracy Gaillie has a long held belief that yoga should be aimed at enhancing individual experience by adapting yoga wisdom to the class needs. For this class expect a mix of dynamic sequences to accompany deep relaxation, pranayama and gentle meditative movements. Not suitable for complete beginners.

