

YOGA IN THE YURT WITH PENELOPE



THREE YOGA EVENTS

THE WELL BEING CENTRE

Glynleigh Farm, Hailsham Road, Stone Cross, Pevensey
BN24 5BS

(For directions please go to
glynleighwellbeingcentre.com)

Cost £30.00 for each
12 spaces available

Saturday 15th July 2017 - **Using Sound within an Āsana Practice** - incorporating simple sounds into an āsana practice creates a deeper relaxing and meditative experience. There will be an introduction to simple sounds, an āsana practice, the use of hand placement during prāṇāyāma as well as a deep relaxation to complete the morning. The intention is for the participant to have an opportunity to deeply experience the use of sound as another tool in Yoga accompanied by the sounds of nature. **Time 10.00am - 1.00pm**

Saturday 30th September 2017 - **Relax & Reflect with Sound**
This afternoon will incorporate using sound within a short āsana practice with the main aspect on reflection, contemplation (meditation) using traditional methods of prāṇāyāma, hand placement, mantra and a reflective space to be still and find inner silence. The intention is for the participant to take time out from busyness and to enjoy this special space to restore and recharge the batteries. **Time 1.30pm - 4.30pm**

Saturday 4th November 2017 - **The Healing Sounds of Yoga** - Autumn always brings with it its own special energy of abundance and this morning will literally be for all to enjoy, the sounds of chanting mantras, a restorative āsana practice using healing sounds and enjoy a Tibetan bowl bath as well as meditation and a deep relaxation - a complete immersion in a beautiful loving healing space. **Time 10.00 am - 1.00pm**

The Yurt has a beautiful energy and is a very special place due to the wonderful events that are held here, it will touch your heart.

To book your place please e-mail Penelope with your completed booking form which you will be able to find on www.yoga121.co.uk