

Yoga – The Inner Path

Sunday 18th May, 2014 (2pm to 5pm)

@ Yoga Hub Liverpool, Old Hall Street, Liverpool



- While many students associate yoga with the practice of physical postures (asana), Yoga offers a much larger body of teaching, including pranayama (breathing techniques), pratyahara (sense withdrawal) and meditation.
- This three-hour workshop will include practice and a little theory. It is open to yoga practitioners of all levels (except raw beginners) who are interested in exploring beyond asanas.

PROGRAMME



- Restorative asana session to relax the body and prepare the mind.
- Pranayama to ease energetic blockages.
- Sense withdrawal techniques to still the mind and stop the pressure of intrusive thoughts.
- Meditation – the experience of the self.
- £25 for course



Details 01744 609 058

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