

Yoga and Mindfulness

Finding Peace in a Frantic World

Sunday 27th July 2014 (2pm to 5pm)

@ Yoga Hub Liverpool, Old Hall Street, Liverpool



- Mindfulness is essentially the experience of the present moment through non-judgemental observation. When we practice Yoga from this perspective our way of working becomes much deeper and come closer to the ancient practice as Yoga as a meditation.



- By watching the natural rise and fall of experiences in our Yoga practice we enter a very deep and satisfying space, said by some to be bliss (or samadhi).
- This workshop looks to give students the tools to connect and find ease in all Yoga practices - including the most challenging asana sessions - and find our natural inner rhythm.



- Practical workshop with a little theory and lots of practice, including how to be mindful when in a physically challenging practice. The day will end with a Yoga nidra session.

Suitable for all levels of student - including those with recurrent ailments or injuries (however if you are injured please enquire before booking).



- £25 for course

Details 01744 609 058

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