

# Yoga & the body of food: a workshop for the digestive system

With Amber, 12<sup>th</sup> January, 1.00-3.00



In yoga, the outermost layer of our being is referred to as 'anamaya kosha' or the body of food, hence the proclamation:

"I am food! I am food! I am food! I am the eater of food! I am the eater of food! I am the eater of food!" (*Taittirīya Upanisad 3.10.6*)

Food is to be revered. Though there is much to be learnt with regards to the ideal yogic diet, this workshop shall instead be looking at creating space in the digestive system. By softening any tensions that may have built up over a fraught relationship with food, we give the body a chance to really digest, process and consciously communicate its real desires.

As eaters of food, this workshop is of great value to all. Working through lengthening, twisting and rinsing the abdominal cavity we emerge refreshed and in touch with our appetite for life.

Date: Saturday January 12<sup>th</sup>

Time: 1.00-3.00

Cost: £22

[Booking here](#)

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