

The Search for Balance with Amber
Saturday July 13th, 1.00-5.00

A Yoga Workshop
Theory & Practice

In this theoretical & practical workshop we shall look at some of the formative tenets of the history of yoga and how they apply to our personal journey.

Yoga, commonly characterized by its physical, external forms, nevertheless offers a wealth of knowledge on the far more subtle 'internal' works. Finding your centre is a way of letting go of some of the excessive 'will-full' attitudes that can hinder us on the path.

Through an intelligent structural alignment and a careful application of awareness, we can facilitate the energetic flow that makes a yoga practice transformative.

This session is aimed to inspire and enquire into the reasons that we practice yoga in the first place.

Particularly suited to the practicing yogi but also open to the curious.

13th of July 2019 1-5 pm (incl. tea break), £35 at Yoga Akasha's new venue:

Wealden House, Lewes Road, East Grinstead.

Book through website: www.amberscottyyoga.com

