

The Eyes of the Heart: Releasing chest & shoulder tension

Saturday September 21st, 1.00-3.00 with Amber

In yoga it has been said that the mind resides in the heart (*hrdayaravinde*: the lotus heart). We tend to think of the brain as holding the key to our decisions while often allowing the whole heart area to devolve into shutdown. Physical tensions that build up around the heart area can exacerbate this shutting down process. However, some of the heaviest burdens that affect this physical region can be surprisingly easy to release. For functional disorders and accumulated tensions yoga can often provide the balm that others cannot.

The yoga master B.K.S Iyengar referred to the region beneath the collarbones as 'the eyes of the heart', this definition points to the importance of opening in a way that is not forceful.

In this workshop we will look at simple stretches, alignment points and breathing guidance to help free up and 'open' the 'eyes of the heart'. As with all yoga practice, the physical exercise have repercussions much further down the line where we can begin to experience more aliveness in our mental processes.

The session is open to anyone, including total beginners.

Date: Saturday Sept 21st

Time: 1.00-3.00

Cost: £22

Email me your interest or book through website www.amberscottiyoga.com

