



Yoga in Depth Dates and Modules 2017 -18

Sunday 15th October 2017

Home Practice and Alignment Principles

with Mel Skinner

- Deepen or develop your home practice
- Understand how different yoga asana postures affect your mood, awareness, mind etc.
- Learn alignment principles which will support you in your practice
- Explore how to practice, what to practice and when to practice in relation to your time of life, any ailments or injuries and your energy levels/mood

Saturday 25th November 2017

Forward Bends and Intro to Yoga Philosophy

with Gladey Phuntsok and Ali Woozley

- Understand the alignment and movement principles of forward bends
- Yoga- what's it really all about?
- Explore yoga texts and the historical development of Yoga up to the modern day
- Understand the current schools of yoga and how they differ

Sunday 10th December 2017

Backbends, Twists and Mindfulness

with Gladey Phuntsok and Morven Hamilton

- Understanding backbends and twists
- Learn to establish and sustain your own meditation and mindfulness practice
- Explore the different mindfulness techniques and find out what suits you

Sunday 21st January 2018

The Subtle Body

with Dory Walker and Mel Skinner

- Explore your 'subtle body'
- Get introduced to the Chakra system
- Learn about Prana – the life force – and how it moves through the body
- Practice Restorative Yoga with reference the subtle energy forces of your body and mind

Sunday 18th February 2018

Inversions and the Yoga Sutras

with Janet Hartley and Morven Hamilton

- Learn the alignment and movement principles of inversions
- Find out the benefits of inverted postures
- Get guided safely through the basic inverted postures
- Explore the Yoga Sutras of Patanjali

Sunday 18th March 2018

Intro to Ayurveda

with Marinella Bennelli

- Get introduced to Ayurveda- the sister science of yoga
- Explore how Ayurveda is relevant to you and your lifestyle
- Understand your Dosha - your specific personal characteristics

Sunday 8th April 2018

Restorative Yoga and Yoga Nidra

with Mel Skinner and Morven Hamilton

- Practice Restorative Yoga and understand its principles and benefits
- Explore Yoga Nidra – ‘Yogic Sleep’
- Find out how to replenish your energy levels through your yoga practice

Sunday 27th May 2018

Closing Celebration and Next Steps

with Morven Hamilton and Mel Skinner

- A day to practice together and assimilate all that you’ve learned
- Have time for questions and discussion
- Explore options for next steps to further develop your Yoga practice

(see overleaf for reading list)

Reading List

Essential Reading

Heart of Yoga - Desikachar

Body, Mind Spirit - Donna Farhi

Chakra for Beginners - David Pond (or another chakra book)

An Ayurveda book or articles online - so you have a basic understanding of Ayurveda

e.g. <http://www.mindbodygreen.com/0-1117/Ayurveda-Dosha-Types-for-Beginners.html>

Further Reading (not compulsory)

Light on Yoga - BKS Iyengar

Asana, Pranayama, Mudra, Bandha – Swami Satyananda Saraswati, Bihar School

Any other asana books which interest you - to help you develop your practice.