



Saturday Yoga Immersion

Yang & Yin Yoga Workshops



Hatha Yoga: 9:30am - 12pm
(movement, rhythm, flow)



Yin Yoga: 1pm - 3:30pm
(stillness, softness, surrender)

Last Saturday of the month
Loudwater Farm
Rickmansworth WD3 4HG
Cost: £50 for workshop or £30
for one workshop class (booking
required)
Contact: info@yogatree.org.uk

Earth	~ Feet & Legs	~ 1st Chakra	~ Grounding into being
Water	~ Hips & Pelvis	~ 2nd Chakra	~ Let the river flow...
Fire	~ Core & Belly	~ 3rd Chakra	~ Tending the inner fire..
Air	~ Chest & Heart	~ 4th Chakra	~ Breathing space...
Space & Light	~ Neck & Head	~ 5&6th Chakra	~ Room for it all...
Awareness	~ Whole body	~ 1-7th Chakra	~ Presence

When our body and being are given the opportunity to connect, the impulse to move awakens. To push and yield against the ground which awakens more energy. We push against the earth in order to stand or to move and we rest upon the earth, nurtured by gravity, when we choose to be still and let go. Skill in life involves orchestrating those two forces, so we can find a balance and flow between effort and ease. Every yoga posture and sequence involves “pushing” and “yielding”.

Within that dance, on the Yang Yoga (Hatha & Vinyasa Yoga) Workshop, we will engage in more active exploration, waking up and opening our bodies through sequences of standing positions, flow sequences and that will also include breath freeing practices.

And on the following Yin Yoga Workshop, slowly surrendering into each pose, lengthening further the whole myofascial groups of our body opening the legs and hips, spine and shoulders for the greater range of motions. The practice prepares our body and mind for sitting meditation in which we can stay more present (awake and relaxed) to more subtle currents of our experience

Time: 9:30am - 3:30pm (9:30am - 12pm Hatha Yoga & 1pm - 3:30pm Yin Yoga & Meditation)

Dates: Last Saturday of each month. For the next dates please check the news

Location: Loudwater Farm, Loudwater Lane, Rickmansworth WD3 4HG

Cost: £50 per workshop or £30 for one session (paid by cash, cheque or via bank transfer)

Fruit and teas included but please bring your lunch with you.

To book your place: please contact me on info@yogatree.org.uk or 07528 122 281

Please book early to avoid disappointment (places are limited to 15 people)