

# TWO BIRDS YOGA INFORMATION SHEET



Course Title: YOGA FOR CONTINUERS

Venue: Ambrose Allen Centre, Franklin Ave., Tadley RG26 4ET.

Day of Week: Tuesday (the 1<sup>st</sup> Tuesday of each month will often be missed. To check, please e-mail [michael@twobirdsyoga.com](mailto:michael@twobirdsyoga.com) )

Time: 7.30 – 9.00pm

No. of Meetings: Nine Fee: £60 (drop-ins £8 per lesson)

Start Date: 8<sup>th</sup> May 2018. Finish Date: 24<sup>th</sup> July 2018.

Course Content:

This course is for those are familiar with basic yoga practice and principles, relating to postures, breathing and focussed attention. Building on these basics, this class will continue to develop and experience the intimate relationship that exists between body, breath and mind.

Each session of nine weeks will have a theme related to the traditional principles and practices of Yoga. Within this framework, each class will aim to encourage deeper and more precise work with the body and more powerful work with the breath. All aspects of traditional Hatha Yoga will at times be included, so that students will have the opportunity to learn and benefit from whichever aspects, be they Asana, Pranayama, Kriya, Mudra, Bandha or Mantra, best suit them.

An open, friendly atmosphere, in which questions and observations are welcome, and students get to know each other, will be fostered. There will be opportunities to modify postures to suit students' own needs under individual guidance, so that all with sufficient experience of yoga may participate.

Your teacher has been trained both by the British Wheel of Yoga, for whom he is a DCT (Teacher-Trainer) and has the same status within the tradition founded by T. Krishnamacharya and continued by his son T.K.V. Desikachar. He studied in the UK and India with Mr Desikachar and his senior teachers on a number of occasions and has been invited again to teach at this year's World Festival.

Materials or equipment: Foam blocks at £6 each are essential and are available from the tutor. Purpose-made yoga mats, which start at about £15, are a necessary investment for the continuing student. Recommended books include 'Heart of Yoga' by T.K.V Desikachar (Inner Traditions).

Please bring to the first class:

Suitable clothing with an outer layer that can be removed for more invigorating work and replaced for more relaxing activities.

A purpose-made yoga mat.

A foam block and/or another blanket to roll into a cushion or to use as a wrap.

Michael Hutchinson 11<sup>th</sup> September 2017