

BOOKING FORM:

'Opening the Heart'

Saturday 9th March 2019

Name(s)

Address:

Postcode:

Phone:

E-mail:

BWY or TSYP No:

Fee(s) enclosed (£30):

Please give or send a cheque payable to:
M D Hutchinson (Yoga) with this booking form to:

Michael Hutchinson, Hafod, Burney Bit, Pamber
Heath, TADLEY, Hants RG26 3TN
michael@twobirdsyoga.com

or pay by BACS to a/c 30678651 20-05-00, giving
your name

Please circle and enclose SAE if you require:

a map a receipt confirmation

Where did you hear (please circle)?

Yoga South your teacher mail-out
previous day flyer TSYP

'Opening the Heart'
Draft Schedule
Saturday 9th March 2019

Timing	Activity	Content - DRAFT
9.40 to 10.00	Arrivals	Tea available
10.00 to 10.10	Introduction	The place of the inhalation in Hatha Yoga
10:10 to 10:45	The 'Breath for Health' routine.	Experience a practice developed to lengthen and deepen the breath.
	5min break	
10:50 to 11:20	Talk & Discussion	Subtle ways of working with the inhalation.
11:20 to 12:00	Further work on opening to āsana and pranayama.	Opening āsana-s to straighten the body and strengthen the breath; upright seated breathing.
	20 min break	Tea, biscuits, etc.
12:20 to 12:40	Questions and Answers	Can opening the heart area improve confidence?
12:40 to 1.00	Closing Practice	Can we feel at peace while in an open posture?
1.00	Departures	

The next workshop will be on

TBA



A Day of Yoga

with Michael Hutchinson

'Opening the Heart'

at the Ambrose Allen Centre, Tadley

Saturday 9th March 2019

10.00am – 1.00pm

Modern life doesn't lead to good upper body posture. Continually peering down at phones and tablets is not something for which we are physically adapted. Also pain, physical or emotional, can lead to a more closed posture.

Arm stretches with deep inhalations can re-open the heart area for some, but for others they have only a marginal effect.

What is needed here is to recruit the breath. The in-breath wants to open the heart area, that's one of its natural functions. But somehow we can forget how to ask it, to let it.

Following several months' recent experience teaching a 'breath for health' class, Michael will share the learning and feedback and we will look at how much further we can go with gently 'opening the heart'.

BWY and TSYP teachers may count attending this event as 3 hours CPD.

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

Directions: The Centre is a short distance
from the traffic lights on the A340, opposite
the Fire Station.

Tadley is about fifteen minutes from both the
M3 Jn6 and the M4 Jn12.

Time: Doors open at 9.40am for a prompt
10.00am start with a 1.00pm finish

Fee: £30. Drinks and biscuits are included.

About the tutor:

Michael was certified as a Teacher-Trainer
by Sri T.K.V. Desikachar and serves on the
Committee of TSYP, the Society of Yoga
Practitioners, an organisation currently
accredited with BWY, BCYT and CNHC.

Michael has also run two teacher-training
courses as a British Wheel of Yoga Diploma
Course Tutor. Michael taught two Prānāyāma
sessions at the 2017 World Yoga Festival and
was invited back in 2018. In January 2018 he
undertook 3 weeks' further study at the KYM
in India, including the less-frequently studied
Yoga Rahasya and Yoga Yajñavalkya. He is
a personal student of Radha Sundararajan,
the world's leading Vedic chanting tutor.

www.twobirdsyoga.com



‘Unsolicited testimonial:

*“You’ll always have my support as your
‘Yoga Days’ are so interesting and
enjoyable. I particularly appreciate
your relaxed manner and your humour
and easy style are exactly right and
enable me to listen, participate and gain
so much more from the helpful
information and practice. I am most
grateful to you... and your teachers!”*