



A Yoga Seminar

with Michael Hutchinson and
Liz Murtha

'Cool Head, Warm Heart'

on Zoom

Saturday 6th November 2021

1.30pm – 4.30pm GMT

9.30am – 12.30pm EST

Over the last 20 months, we have been in a constant potential state of uncertainty and disturbance. At times we may have felt stuck, at others anxious and irritable.

The way we think and feel is linked within Yoga with the state of our inner fire. It can run too hot, possibly leading to angry outbursts, or too cold, reducing our energy and drive.

Prāṇāyāma is the key. As Srī Desikachar said, it is the support during the long years we need to shoulder responsibilities. It cultivates the clarity, steadiness and focus we all need.

On the day we shall look at ways to keep our inner fire gently glowing, helping our hearts stay clear and our heads cool. Also, we will look at how our attitudes to people and events around us can keep our minds more open.

Give and take, free flow, letting go, these are ideals to which we must keep returning!

'Cool Head, Warm Heart'

Schedule

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Timing (GMT)	Activity	Content
1.15 to 1.30	Logging-in	
1.30 to 1.50	Talk and discussion (M)	Regulating our Inner Fire; clearing space to breathe.
1.50 to 2.30	Asana and Prāṇāyāma (M)	Moving (with) long, subtle breath on axis, Ujjāyī
2.30 to 2.45	Talk and discussion (M)	Patañjali II, 34, seeing both sides, avoiding irritation.
	Break	
3.00 to 3.20	Talk and discussion (L)	Patañjali I, 33, pacifying the mind, reducing agitation
3.20 to 3.55	Asana with śāntirmantra	Moving on exhale only; anga lāghava
3.55 to 4.20	Prāṇāyāma and Stillness	Meditative practice on Sūrya.
4.20 to 4.30	Feedback & questions	Plus Vyāsa's Chant in Praise of Yoga
4.30	Log out	

Further brief comfort breaks can be included
BWY and TSYF teachers may count attending
this event as 3 hours CPD.

'COOL HEAD, WARM HEART'

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UK participants: £30

Please pay by BACS to a/c 30678651 20-05-00, giving your name and alerting me by email.

Or via PayPal to twobirdsyoga@live.com

Canadian participants: \$50

On receipt and again just before the event you will be sent the Zoom link and password.

About the tutors:

Both Michael and Liz were certified as Teacher-Trainers by Srī TKV Desikachar.

Both are Elders of the Society of Yoga Practitioners, which has close links to the Krishnamacharya Yoga Mandiram in Chennai founded by Srī Desikachar.

Michael ran two teacher-training courses as a British Wheel of Yoga Diploma Course Tutor. He taught Prāṇāyāma at the last three World Yoga Festivals 2017-19.

Liz ran two Yoga Journey courses (these were to assimilate teachers trained elsewhere into this tradition). As well as leading annual weekend retreats jointly with Michael, Liz was until 2020 running regular day seminars in Somerset.

www.twobirdsyoga.com