

# FEELING MORE - HOLDING LESS

## A Morning of Yoga with Bill Wood

FRIDAY 1 NOVEMBER 2019  
CAVENDISH PAVILION,  
Field End Road, Eastcote HA4 9PG  
9.30am - 1.00pm Cost £36



During this morning we'll explore how asanas can be felt more as places of balance within us, rather than as specific physical shapes. Places we can access via feeling rather than mind, as our practice becomes as much a form of mindfulness as it is a bodywork. The asanas can then just be fluid expressions of this growing awareness, as the body becomes stronger, more released, and more at ease.

Each session will be posture based, and with periods of relaxation and sitting practice woven in.

*A yoga teacher since 1994, Bill runs weekly classes in south Devon, and weekend workshops and retreats all around the UK.*

*Though inspired by many different yoga and meditation traditions, his main influence has been the teachings of the late Vanda Scaravelli, and he continues to study with Sandra Sabatini, one of her longest standing students.*

*Before that he studied for 18 years with Diane Long, trained at length with John Stirk and Sophie Hoare, and is also qualified as a Sivananda Teacher, as a Yoga Therapist (YBT), and as a Core Process Psychotherapist.*

-----Please detach and retain top half-----

## A Morning of Yoga with Bill Wood

Friday 1<sup>st</sup> November 2019 9.30am – 1pm

Application Form – Cost £36

Name.....

E-Mail Address.....

Telephone Number.....

Please make cheques payable to:- Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN BACs 08-92-86 16087499

Telephone: 01895 675426 07876 207408 e-mail [Jackie@yogawithjackie.co.uk](mailto:Jackie@yogawithjackie.co.uk) [www.yogawithjackie.co.uk](http://www.yogawithjackie.co.uk)

NB. If people have to withdraw I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days' notice if there is no waiting list.