

MOVING WITH THE BREATH

A Day of Yoga Practise with Bill Wood

SUNDAY 9th FEBRUARY 2020

Niland Conference Centre, Rosary Priory

93 Elstree Rd, Bushey WD23 4EE

10.00am - 4.00pm Cost £57



The more we find ways to relax and release into Yoga postures, the more the natural tidal movements of our breathing can emerge and start to guide us. Open to all, this workshop will be posture based, 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. While 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. Bill holds a warm and enquiring teaching environment that is open to all levels of experience.

The morning will be held in the beautiful setting of the Rosary Priory in Bushey. It is absolutely stunning. We will have use of an area to eat our packed lunch, or there are places to eat within easy walking distance. There is plenty of parking and Public Transport connections are good.

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

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Sunday 9th February 2020 10am – 4pm

Application Form – Cost £57

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 www.yogawithjackie.co.uk

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 If people have to withdrawn I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice if there is no waiting list.