

"An Exploration into Breath, Bandha, Movement and Beyond"

with **JACKIE BARKER**

Saturday 16th May 2020

BLACK JACK'S MILL

Black Jack's Lock, off Park Lane, Harefield UB9 6HL

10.30am – 4.30pm Cost £50



It's interesting how Yoga changes one's life and how life changes one's Yoga. All the teacher's experiences coming together to form a melting pot of knowledge that finally formulates into a continually evolving Yoga practice. This workshop will incorporate such knowledge. It won't be about huffing and puffing with the breath. It won't be about using long sentences full of meaningless, long words to describe something completely intangible, but an intelligent exploration into the subtler movements of the diaphragm that may dissolve into autonomic control; like the breath which we can 'do', or it can 'do' us. How we can work down from the diaphragm to the feet and then work up from the feet to stimulate the diaphragm. Magic! So many ideas and sensations to share with you.

Jackie started Yoga in 1971 and has been teaching for 35 years. She met John Stirk about 30 years ago and has continued to work with him as her main inspiration. She runs a successful Yoga centre in Eastcote/Ruislip and invites mostly Scaravelli Inspired teachers to teach workshops on a regular basis.

Please use the post code UB9 6HL if travelling via Harefield. If you are travelling from the M25 or A412, please use the Old Orchard post code of UB9 6HJ. Both codes will take you down a narrow road towards the canal. Drive past the Old Orchard on your left and follow the lane as it bends right and over the canal bridge. Park in front of the bigger house. Please check your route beforehand and contact me if unsure. If you need a taxi Harefield Cars are recommended 01895 824024. I have room for 3 in my car. It is a fabulous venue and well worth the drive.

.....Please detach and retain top half.....

A Day of Yoga with Jackie Barker

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Application Form - Cost £50

Name.....

E-Mail Address & Phone No.....

Payment by cheque or BACs 08-92-86 16087499 Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN.

Telephone: 01895 675426 07876 207408 e-mail jackie@yogawithjackie.co.uk 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.