

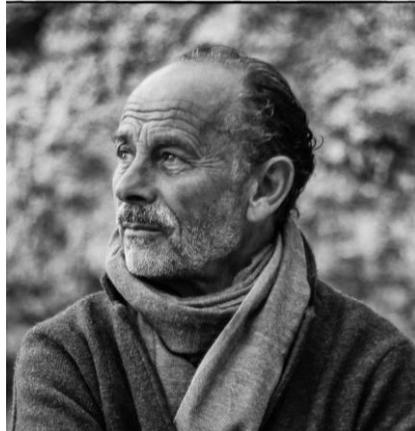
"A WORKSHOP with JOHN STIRK"

Sunday 20th May 2018

CAVENDISH PAVILION

Field End Road, Eastcote HA4 9PG

10.30am - 4.30pm Cost £55



I have been supplying outlines of workshops for 40 years and experience has shown that it is difficult to predict exactly where the focus of my work will be in several months. By the time the workshop arrives things will have moved on. While a framework in advance can be helpful on one level it is inspiration that drives teaching, and the best group work takes place within an atmosphere of discovery and innovation. The creative atmosphere may be inhibited by titles and 'blurbs' that are used in advance to attract interest. Frameworks hold us back and can inhibit the teacher and the potential flow of creativity in each moment.

Suffice to say that this workshop will invite participants to sharpen awareness, open up consciousness, go deeply into their body-minds and potentially make new discoveries and or deepen existing ones! We can be certain that positions will be simple, the focus intense and that the breath will play an essential role in the work at hand. We will work together and the potential is wide open.

John Stirk is one of the most innovative teachers practicing and teaching today – always enquiring – always searching – always changing but not for change's sake. The change arises from our hearts as we practice and feel. His new book The Original Body was published in 2015 and is available from Handspring Publishing.

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A Day of Yoga with John Stirk

Sunday 20th May 2018

Application Form - Cost £55

Name.....

E-Mail Address.....

Telephone Number.....

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

<https://www.facebook.com/yogawithjackie1/>

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 If people have to withdrawn I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice if there is no waiting list.