

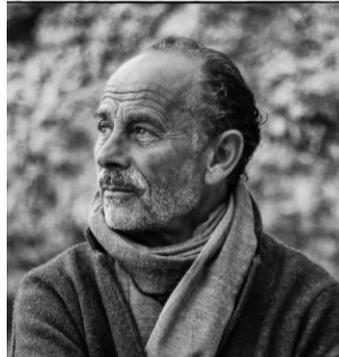
# "A WORKSHOP with JOHN STIRK"

Sunday 19<sup>th</sup> May 2019

MOOR PARK GOLF CLUB

Rickmansworth WD3 1QL (use this for Sat Navs)

10.30am - 4.30pm Cost £76



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 Yoga today – always enquiring – always searching – always changing but not for change's sake. The change arises from our hearts as we practice and feel.*

*The workshop will be held in the beautiful setting of Moor Park Golf Club in the Orangery, a Grade I listed Palladian building. This is only accessible by car or a walk from Moor Park Station. Let me know if you will need a lift. The cost of lunch and refreshments have been factored into the cost as no food is allowed to be brought onto the premises. A communal lunch will be arranged with a choice of Caesar or Avocado salad with bread and refreshments. Special diets can be accommodated.*

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

## A Day of Yoga with John Stirk

Sunday 19<sup>th</sup> May 2019

Application Form - Cost £76

Name.....

E-Mail Address.....

Telephone Number.....

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

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

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.