

"Sensation and Consciousness"

An Original Body Workshop

with **JOHN STIRK**

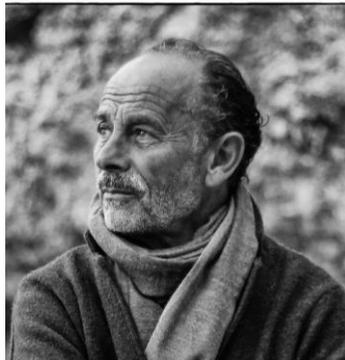
Sunday 27th September 2020

BLACK JACK'S MILL

Black Jack's Lock, off Park Lane

Harefield UB9 6HL

10.30am – 4.30pm Cost £70



We study the body but cannot help but be students of the mind. As we work with the finer elements of sensation, the mind is ever present, rarely if ever switching itself off. How can we engage this continuum of activity to enhance insight and understanding? The body houses consciousness, minds and selves and may be approached accordingly. Each sensory nuance and realization, has a psychological and emotional counterpart. We cannot divide the indivisible. The unitive experience provides the essence of yoga. This practical workshop will include discussion on the physiological, psychological and emotional insight that arises as we work together.

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. John is the author of "The Original Body" – Primal Movement for Yoga Teachers.

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 John Stirk

Sunday 27th September 2020

Application Form - Cost £70

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 If people have to withdrawn I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice.