

"EMPOWERING THE AGING BODY"

Monica Voss

FRIDAY 19th JUNE 2020

Moor Park Golf Club

Rickmansworth WD3 1QL (use this for Sat Navs)

9.30am – 1.00pm Cost £45



As the population ages, teachers must inform themselves about natural changes in the body as well as common conditions such as osteoarthritis and osteoporosis. Changes in outlook also occur in older students as they contemplate their lives and goals. Using postures, breathing, relaxation and discussion, we will explore these and other issues of aging and create intelligent and supportive options in order to support and instruct older students holistically with energy, knowledge and empathy. This workshop welcomes both teachers and interested students.

MONICA VOSS HAS BEEN PRACTISING AND TEACHING Yoga for over 40 years. She has studied with Esther Myers, Vanda Scaravelli and Mary Stewart and has been training teachers since 1986. Monica co-owns, directs and teaches at the Esther Myers Yoga Studio in Toronto, Canada. She conducts workshops, retreats and teacher training in North America, Europe, Mexico, the Caribbean, and India and has been offering annual Summer workshops in the UK since 1989.

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"Empowering the Aging Body" - A workshop with Monica Voss

Friday 19th June 2020 9.30 -1pm

Application Form – Cost £45

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 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.