

Yoga as Self-Compassion

A workshop with

Monica Voss

FRIDAY 9th JUNE 2017

Cavendish Pavilion

Field End Rd, Eastcote HA4 9PG

9.30am – 1.00pm Cost £36



We all encounter frustrations, experience loss, make mistakes, battle limitations, and fall short of our ideals at times, both in a Yoga setting and certainly outside of it.

How can we learn to go with the body, not against it and practise Yoga and Meditation with enjoyment, love and kindness, awareness and self-compassion?

Join Monica in an exploration of relaxation techniques, breathing exercises, generous movement and posture, all supporting the development of increased happiness in any life circumstance.

A Hatha yoga workshop exploring relaxation, grounding and deep breathing as the source of regeneration, pleasure and natural movement.

MONICA VOSS HAS BEEN PRACTISING AND TEACHING Yoga for over 35 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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Yoga as self-compassion - A workshop with Monica Voss

Friday 9th June 2017 9.30 -1pm

Application Form – Cost £36

Name.....

E-Mail Address.....

Telephone Number.....

Please make cheques payable to:- 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 if there is no waiting list.