

A workshop with Pete Blackaby

SATURDAY 7th DECEMBER 2019

FAIRWAY, RUISLIP GOLF CLUB

Ickenham Rd, Ruislip HA4 6DQ

10.30am – 4.30pm Cost £51



Pete's view has shifted over the years from a largely physical view of Yoga to a view that encompasses the complex relationship between things and the way perception influences everything. He asks the question what do we make of the impressions that come in through our senses and how do we respond to those impressions? These are the questions that seem important and keep Yoga alive and forever interesting.

This workshop will encourage you to explore new ways of approaching movement through our senses and challenge long held, and perhaps so called 'traditional' ways of working with the body.

Peter has over 30 years experience as a Yoga Teacher and Trainer and is a practising osteomyologist. He is the author of 'Intelligent Yoga' published in 2012; the art of using our body intelligently when practising Yoga. He lives in Brighton and works from his own Yoga Studio, Unit 4 in Brighton.

-----Please detach and retain top half-----

A Workshop with Pete Blackaby

Saturday 7th December 2019

Application Form – Cost £51

Name.....

E-Mail Address.....

Telephone Number.....

Please make cheques payable to:- Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN. BACs 08-92-86 16087499 01895 675426 or 07876 207408 e-mail jackie@yogawithjackie.co.uk www.yogawithjackie.co.uk

N.B 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.