

# **"The Source"**

## **A day long workshop**

### **with JOHN STIRK**

**Saturday 2<sup>nd</sup> November 2024**

**THE STABLES Manor Farm, Ruislip, HA4 7QL**

**11am – 5pm Cost £80**

**Payment by BACS 08-92-86 16087499**

**Payment required 4 wks before workshop**



As we "reach in" to our bodies and ourselves we enter into an energised, transformative space waiting to be awakened. This space -- which we call The Source -- represents a fundamental origin of intelligence, a source where the alchemy of insight occurs.

Experience shows that this awakened source is prolific in the group setting when group energy and awareness pervades the space between us. As we open the group field together, we will be reminded that transformation is not that far away as conditioned patterns dissolve.

This workshop engages physical sensation to invite change on all levels. Using simple exercises that harness the pull of the earth, silence, energy and our sense of totality we will deepen our understanding and celebrate the indivisibility and power of our ultimate re-source.

'Magic is the ability to change consciousness at will.' (Dion Fortune)

*John Stirk has been teaching yoga for 45 years. His background in Osteopathy and Humanistic psychology, his association with R.D. Laing, an interest in the work of J.Krishnamurti and his ongoing and ever deepening personal enquiry have inspired a teaching approach and style of communication that fosters the transformative potential of group work.*

**John is the Author of several books, notably 'The Original Body' (2015) and 'Deeper Still' (2021)**

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