

# HEART FLOW..... VINYASA YOGA WORKSHOP

WITH

**CLAIRE MISSINGHAM**

**SATURDAY 2<sup>ND</sup> OCTOBER 2010**

**12.30PM – 6.00PM £50 PER PERSON**

AT DAVID LLOYD HEALTH CLUB  
BARTON EMBANKMENT,  
TRAFFORD, MANCHESTER  
M17 8RH



**BACK BY POPULAR DEMAND!**

Don't miss out on this wonderful opportunity to practice again with Claire Missingham - one of the leading Vinyasa Flow Yoga Teachers in the UK- on her 4<sup>TH</sup> visit to Manchester! Claire's teaching integrates alignment, flow and spirituality from the Krishnamacharya lineage. Based in London, Claire is known internationally for her creative, inspirational approach and dynamic sequencing. Her joyful practice will challenge you and strengthen you in equal measure.

For this special series we focus on simple heart opening Vinyasa flow sequences for liberating and opening vital heart energy. Through asana, chanting, affirmation & visualisation we focus on cultivating inner awareness, flowing with devotion and love for who we are and why we are here. This workshop will bring you closer to your infinite capacity for love, healing, happiness and true confidence. Come and feel the love!

During this workshop you will experience opening and closing mantras, poetry, music, sankalpa (intention of awareness), and simple, flowing asana including backbending, arm balances and inversions, plus a deeper understanding of the heart chakra.

**FIRST SESSION** - 12.30pm – 3.00pm

This is a fully dimensional Vinyasa Flow Yoga class to open our day; we will begin to slowly build the rhythmic foundations of breath and movement within the framework of structured alignment and skilled sequencing, based around the concept of the heart chakra.

**SECOND SESSION** - 4.00pm- 6.00pm

Focusing on developing inner awareness and offering our efforts to the divine flow, this session works on a more personal and theoretical level to establish your own powerful understanding of the heart of yoga.

This session takes us to the deepest place physically through a thorough backbending sequence. Spiritually we establish true strength within the healing and balancing concept of the heart. We then finalise the day with an inspirational talk, mantras and chants, then finally some delicious Prasad (divine offering).

**THIS MASTERCLASS IS SUITABLE FOR THOSE WITH 6 MONTHS YOGA PRACTICE TO ADVANCED.**

**PLEASE COME ON AN EMPTY STOMACH AND BRING A YOGA MAT, A SMALL HAND TOWEL AND A BOTTLE OF WATER FOR CLASS AND ALSO A LIGHT LUNCH – THE CAFÉ WILL BE OPEN TOO!**

For bookings please contact Joanna Tel: 07766 40 55 55 [www.yogawithjoanna.com](http://www.yogawithjoanna.com) email: [joanna\\_naj@hotmail.com](mailto:joanna_naj@hotmail.com)

**PLEASE RESERVE YOUR PLACE EARLY AS NUMBERS ARE STRICTLY LIMITED FOR THIS POPULAR WORKSHOP!**

To reserve your place please make cheques for £50 payable to Joanna Najdudch and send to:  
Higher Green Farm, Bradley Fold Rd, Ainsworth, Bolton BL2 5QN