

Jai Fire! VINYASA YOGA WORKSHOP

CORE POWER FOR INNER FLAME!

WITH

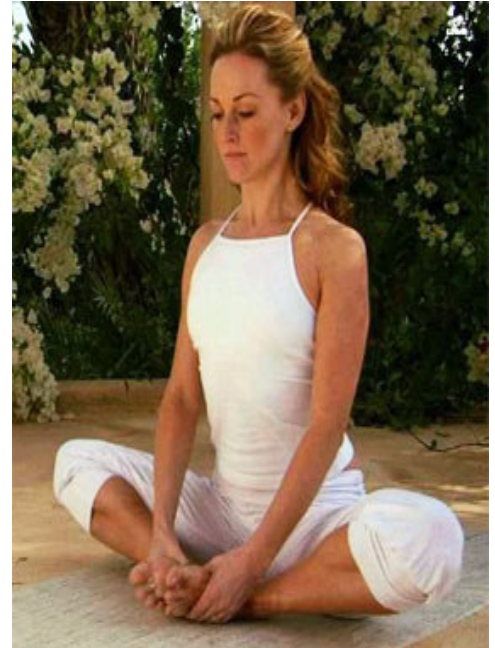
CLAIRE MISSINGHAM

SATURDAY 26th SEPTEMBER 2009

11.30am -5.00pm £46 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 second visit to Manchester this year! 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.

This workshop is a soulful, rhythmic Namaskar series to ignite your inner flame, to detoxify and to finish your weekend with some Jai Fire! Re-connect to your agni, or inner flame, super-strengthen and harness your core fire, detoxify your digestive system, dance through a soulful sequence of uplifting yoga postures, be inspired by the latest British-Asian music, finish with a deep, blissful relaxation to reconnect to your inner Sahaja, an amazing new workshop from the UK's top Vinyasa Flow Yoga teacher.

MORNING SESSION - 11.30am – 1.30pm

- DEEP VINYASA FLOW YOGA CLASS WITH FOCUS ON CORE FLAME, ARM BALANCES AND CONNECTING TO THE SUN SOURCE
- TWISTS, BACKBENDING AND INVERSIONS FOR A ROUNDED MORNING PRACTICE
- REMOVES CELLULAR WASTE & CLEANSSES THE VITAL ORGANS
FIND OUT MORE ABOUT THE SURYA CONTEXT FOR YOGA.

1.30pm - 3.00pm – BREAK FOR LUNCH, SWIM, SAUNA OR STEAM ROOM ETC.

AFTERNOON SESSION - 3.00pm – 5.00pm

- WHAT IS JAI FIRE! THEORETICAL BACKGROUND AND HISTORICAL CONTACT OF THE SUN ENERGY AND HOW IT RELATES TO YOGA ON MANY LEVELS
- BREAK DOWN SOME SPECIFIC MORNING YOGA SEQUENCES
- TALK ON OTHER WAYS TO AUGMENT THE JAI FIRE! PRACTICE VIA AYURVEDIC REMEDIES
- TRY OUT HANDS-ON YOGA ASANA ASSISTS WITH PARTNERS
- FINISH WITH CHANTING AND MANTRAS AND MUSIC FOR AN ENLIVENING AND REJUVENATING END TO THE DAY

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—
THE CAFÉ WILL BE OPEN TOO FOR A LIGHT LUNCH!

For bookings please contact Joanna Tel: 07766 40 55 55 www.yogawithjoanna.com email: 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 £46 payable to Joanna Najduch and send to:
Higher Green Farm, Bradley Fold Rd, Ainsworth, Bolton BL2 5QN