

# JIVAMUKTI YOGA WORKSHOP

WITH

## DURGA DEVI



**SATURDAY 8<sup>th</sup> MAY 2010**

**12.30PM – 6.00PM £50 PER PERSON**

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

Don't miss out on this wonderful opportunity to practice with Durga Devi - one of the leading Jivamukti Yoga Teachers in the UK! Durga Devi is an Advanced Certified Jivamukti Yoga teacher from New York. Durga has been practicing yoga since 1994 and has taught at the New York Jivamukti Yoga Center for over 3 years before moving to London to help launch the first Jivamukti Yoga Center in the UK, which now has been open for over 4 years. [www.durgadyoga.com](http://www.durgadyoga.com)

Founded in New York by Sharon Gannon and David Life, Jivamukti is a [vinyasa style practice](#). Each class has a theme, which is explored through yoga scripture, chanting, meditation, [asana, pranayama](#), and music.

The theme for the workshop will be Inversions and Arm Balances. What happens when our world literally gets turned upside down? In this workshop with Durga, students will explore ways to find stability and a sense of grounding in being inverted. Inversions and standing on one's head can be daunting and scary but with the right steps and confidence, it is definitely possible. Do you struggle with handstand, headstand and balancing positions on the arms? ...here is your opportunity to create and find that stability and balance (Happiness!) right here, right now! During this workshop you will experience chanting, poetry, music, sankalpa (intention of awareness), and simple, flowing asana including backbending, arm balances and inversions, plus a deeper understanding of all the chakras.

**FIRST SESSION - 12.30pm – 3.00pm    BREAK 3.00pm – 4.00pm    SECOND SESSION - 4.00pm- 6.00pm**

**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**

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