

# YOGALIBRE

## FREESTYLE YOGA FOR FLUID STRENGTH

WITH

### LIZ LARK

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

ON SATURDAY 21<sup>st</sup> April 2012 12-30pm – 6.00pm



**Don't miss this chance to practice AGAIN with one of the UK's top Yoga Teachers right here in Manchester!**

Liz's sequencing follows creative safe steps to peak challenging poses, with counterposes to revitalise, encouraging modifications where appropriate. Her teaching reaches all levels. With a Masters in Performing Arts, Liz explores spacious stillness within yoga postures, and encourages contemplation within the practice.

**£54 per person**

**\*\*\*\* A delicious Yogi Lunch is included!**

**Penne Pasta with Roasted Mediterranean Vegetables and Mozzarella Cheese  
With Mixed Salad and Garlic Bread..... and a Herbal Tea!\*\*\*\***

**12.30pm - 2.45pm - Roots and Warriors**

Foundation Standing Sequences, choreographed to stabilise and anchor the 'Self within the Self', within a dynamic practice. Poetic Inspiration taken from The Bhagavad Gita to embody qualities of the Gentle Warrior. As we practice we will contemplate the five 'koshas' (envelopes of consciousness)

**2.45pm – 4.00pm - Lunch Break**

**4.00pm – 6.00pm - Vibrant Asana**

Finding liberation through a joyful practice, and a still centre within Asana - focusing on Backbend sequences and Balancing postures. All levels will be given steps to suit individual needs. Contemplation, Concentration, Absorption (samyama) will be explored. A deep, replenishing yoga nidra will close the practice.

**Please reserve your place early as numbers are limited for this popular workshop!**

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

Please bring a Yoga Mat (some mats are available) and a blanket for the Yoga Nidra