

YOGA WITH SIMON LOW

'UNWRAPPING THE PRESENT' – A YIN & YANG PRACTICE LED 2 DAY YOGA WORKSHOP EXPLORING THE PANCA KOSA.

SATURDAY 24TH & SUNDAY 25TH APRIL 2010 10.30am – 5.30pm

AT WILMSLOW PARISH HALL, CLIFF RD, WILMSLOW, SK9 4AA
(AT THE END OF THE A34)

SIMON IS BACK!

Don't miss this wonderful opportunity to practice again with 1 of the UKs leading yoga teachers here in Manchester!

Simon Low has been teaching yoga internationally for over 17 years & has developed a unique and personal teaching style, keeping classes diverse, focused & fun. Originally trained in the USA with Dr Larry Payne at Samata in Los Angeles, Simon has studied and explored a wide variety of physical, energetic and spiritual practices, including Iyengar, Astanga Vinyasa, Okido & Viniyoga, Chi Kung, The Alexander Technique, Pilates, Macrobiotics, & Chinese Medicine, effectively bringing together the essential elements of these sources of wisdom & healing into his teaching. Simon is now the

Principal of The Yoga Academy, one of the UK's leading yoga teacher training schools & was the original Director & a co-founder of London's Triyoga. Simon runs teacher trainings, weekend residentials, workshops & yoga holidays internationally throughout the year. The new DVD "Yin & Yang Yoga with Simon Low" has recently been released, while Simon is a guest writer for "Ask the Experts" in the Observer newspaper, & has been covered in or has contributed to numerous national & local newspaper & magazine articles.

For more information visit www.simonlow.com or www.theyogaacademy.org



MORNING SESSIONS - 10.30am - 1.30pm

BREAK 1.30pm - 2.30pm

AFTERNOON SESSIONS - 2.30pm – 5.30pm

EXPLORING THE PANCA KOSA -YOGA'S 5 LAYERS OF CONSCIOUSNESS, AS A JOURNEY TOWARDS PERSONAL INTEGRATION AND INNER PEACE.

Throughout the weekend practice and study sessions, Simon will share his interpretation of the Panca Kosa – yoga's 5 layers or facets of consciousness, from the gross physical body to the innermost realm of peace and divinity. This ancient teaching guides the yoga student to a deeper understanding of and connection to our 'True Self' and enriches our yoga practice on and off the mat. The Saturday and Sunday morning practices will be taught in a yang style, while the afternoon practices will include a wide spectrum of Yin Yoga teachings.

The theory and practice of the Panca Kosa is simple, clear and effective and can guide yoga students on and off the mat. Practical teachings will be shared as we focus on each layer individually and collectively, culminating in a final seated meditation practice. Each of the 4 weekend sessions will address specific kosas :-

Saturday AM - Annamaya Kosa (Physical / Food Being)

Saturday PM – Pranamaya Kosa (Energy /Breath Being)

Sunday AM – Manomaya Kosa (Lower Mind Being) & Vijnanamaya Kosa (Higher/ Wisdom & Witness Mind)

Sunday PM - Anandamaya Kosa (Divinity / Bliss Being)

Throughout the workshop we will focus on the safety, alignment skills, and dynamic movement principles of the physical anatomy with special reference to joint preparation and care, muscle function, bone structure and connective tissue. We will also explore the deep and powerful potential of the incorporation of specific 'subtle' anatomical principles in asana practice, building on the physical foundations. These principles of energy cultivation and movement are immensely nourishing and extremely effective in developing a strong, healthy and efficient system, while enhancing meditation and breath work (pranayama)

Cost £150 per person or EARLY BIRD DISCOUNT £120 (if booked and paid for before 31st January 2010)

Please note this workshop is designed to be taken as a whole and cannot be split into individual sessions.

THIS WORKSHOP IS SUITABLE FOR THOSE WITH AT LEAST 6 MONTHS REGULAR YOGA PRACTICE TO ADVANCED- NO ABSOLUTE BEGINNERS

BRING A YOGA MAT, A SMALL HAND TOWEL, A BOLSTER CUSHION, A BOTTLE OF WATER & A LIGHT LUNCH

Contact Joanna - Tel: 07766 40 55 55 www.yogawithjoanna.com email: joanna_naj@hotmail.com

BOOK EARLY TO GUARANTEE YOUR PLACE!! To reserve your place please make cheques payable to Joanna Najduch and send to:
Higher Green Farm, Bradley Fold Rd, Ainsworth, Bolton BL2 5QN