

Saturday 18th January – AM: 10 – 12

PM: 1 – 3

Julia Chilcott-Coombes - AYURVEDA

A fully qualified Ayurvedic practitioner and yoga teacher, Julia shows how a Dosha-specific diet, along with pranayama and meditation, promotes good health and vitality. The PM session deepens our understanding of what we have covered in the morning. All profits to charity – a hugely popular event last year!

Saturday 08th February – Morning 10 – 12

Michelle Higgins

ASHTANGA

We look at the history of Ashtanga Vinyasa before commencing a dynamic, flowing practice moving us through a series of postures linking movement with the breath. Each posture builds on the preceding ones, combining strength, flexibility, stamina and grace.

Saturday 07th March – Full Day 10 - 4

Rachel Lovegrove

IYENGAR

Rachel will teach a creative, Iyengar workshop in her characteristically intuitive style. The AM session will be a dynamic practice while the PM session focuses on more recuperative postures. Rachel has taught Iyengar yoga since 1998, and recently trained in its therapeutic aspects.

Saturday 04th April Morning 10 – 12

Martin Julich

QI GONG - CONSCIOUS DANCE

(5 RHYTHMS)

Martin has been teaching since the mid-80s. Beginning with Pranayama and Meditation, we will proceed via a mix of Yin postures (holding for 1-5 mins), and on to a more dynamic approach, grounding, broadening, lengthening and activating the Bandhas.

Saturday 16th May – Morning 10 - 12

Tamsin Kelly

YOGA for HEALTHY LOWER BACKS

Tamsin will be promoting the above 12-week programme, a mind-body approach developed by Iyengar teacher Alison Trehwela for treating chronic back pain. Promoting a gentle, methodical system of movement, it teaches us how to care for our backs with simple yoga sequences, breathing and relaxation.

YOGA CELEBRATION DAY

Saturday 20th June 10.00 – 4.00

(includes delicious BUFFET LUNCH)

JEAN HALL

DIFFERENTIATE, ACTIVATE, INTEGRATE

Jean discovered yoga while practising as a dancer. Encouraging us to creatively explore how bones, ligaments and tendons each have their own functionality, we can move towards integrated movement. Experiential anatomy and Somatic flow (vinyasa yoga) stemming from a deep listening within, enable the body's innate wisdom to be felt.

Pre-Booking is essential for this event

Saturday 18th July – Morning 10 – 12

Akash Gupta

ART OF LIVING

Trained at the Art of Living Foundation (set up in 1981 by Ravi Shankar), Akash offers us a practical experience of yoga philosophy, working experientially with the 7 layers of existence. Through Pranayama and Asanas, he will guide us towards an experience of Bliss, ending with a Panchakosha meditation.

Saturday 12th Sept – Morning 10 – 12.30

Kate Dickens and Sharon McKinnon

STRESS MANAGEMENT AND RELIEF

Kate and Sharon share a passion for promoting well-being not only through mindful movement and breath awareness, but a knowledge of neurobiology. We will explore a holistic approach by working with the 5 koshas and take away tips and techniques to build into everyday life.

Saturday 10th October – Morning 10 – 12

Amanjot Kaur

KUNDALINI

Kundalini Yoga, (The Yoga of Awareness) gives us tools to cope with adverse circumstances. Its practices create an internal biochemistry of inner balance and self-awareness. Amanjot was Yogi Bhajan's first student teacher in the US, and has been teaching since 1969.

Saturday 07th November – Full Day 10 – 4

Sarah Waterfield

CHANTING AND SOUND IN YOGA

Sarah qualified as a teacher of Vedic chanting at the Krishnamacharya Yoga Mandiram, Chennai. We will learn Sanskrit chants and mantras, their origins and meanings, and explore how they act on body, mind and spirit. Suitable for anyone interested in sound as a part of spiritual practice.

Saturday 07th Dec - Morning 10 – 12.30

Jocelyn Jones

NURTURING

This joyful time is often stressful too. Jocelyn has a special interest in the therapeutic role of yoga. Using visual enquiry, a gentle Hatha Yoga practice, guided meditation and Yoga Nidra, she leads us towards a clearer sense of the positive changes we seek to make in our lives.

Followed by nibbles & non-alcoholic punch

VENUE

Durley Memorial Hall, Durley St.,
DURELY, SOUTHAMPTON, SO32 2AR

CHAIR: Julia Linclau
chair@southamptonyoga.org.uk

WORKSHOPS

Member Price

Half day (pre-booked): £12

Full day* (pre-booked): £24

Non-Members Price**

Half day (pre-booked): £24

Full day (pre-booked): £36

*No discount on Full Day events for participants who cannot make the whole event (it still represents excellent value!).

CELEBRATION DAY

Includes LUNCH. Early bird bookings before 31 January 2020 please.

Member Price

Early bird: £30

Non-early bird: £50

Non-Member Price**: £62

**Non-members can join SYA at no extra cost – simply complete the membership form on the SYA website.

BOOKING

On-line booking available on our website. Please contact Verity Cooney at

events@southamptonyoga.org.uk when exceptional circumstances mean an online payment via our website is not possible, or to arrange a BACS transfer. There will be a £5 surcharge to cover

the additional costs of not using SYA's automated system.

Southampton Yoga Association

SYA was established in 1987 with the express aim of encouraging yoga practitioners from all walks of life to broaden and deepen their experience of yoga. There are many different styles of Yoga and the monthly Yoga events offered by SYA are designed to provide members with the opportunity to experience what is out there.

Members benefit from: Diary of Events, mailings, leaflets and reduced cost for Yoga events together with priority booking.

MEMBERSHIP

Annual membership: £12

Membership forms

These can be found on our website at:

<http://www.southamptonyoga.org.uk/>

or

Southampton Yoga Association on
Facebook

where you will find news of SYA all events.

Or contact:

The Membership Secretary – Verity Cooney

Email: events@southamptonyoga.org.uk

Unless otherwise stated, all events are suitable for beginners and non-beginners.

NB. Very occasionally we have to change the tutor before the event. If coming for a particular

tutor, please check our Facebook page or email SYA contacts beforehand.

Southampton Yoga Association

2020

Diary

of

Events

