

16th January Nicola Birch : Going Deeper with the Breath

Nicola taught a wonderful day for us last January and we are very pleased to have her back in Sheffield again this year.

The theme of this day is *'Going Deeper with the Breath'*.

Breathing and the breath is crucial to so much of what we do in our Yoga practice and this day will be an excellent opportunity to explore it in detail.

The day will include classical asana practice, focussing on how we can use breathing to enhance the effects of the chosen asanas and to deepen our experience of them.

There will be a thorough pranayama session, as well as two meditation techniques (Vishuddhi Shuddhi and Antar Mouna) in which the breath is key.

Nicola initially worked as a physiotherapist, but is now a highly experienced yoga and meditation teacher.

She did her training in the Scandinavian Yoga and Meditation School, one of the most advanced and well respected yoga schools in the West.

The School was founded by Swami Janakananda (author of *Yoga, Tantra and Meditation in Daily Life*) and her teaching is heavily influenced by his no-nonsense, practical approach.

Nicola is English but grew up in Sweden and taught full-time throughout Scandinavia for over ten years.

She has now returned to her roots and is based in London.