

FINDING OUR GROUND



with

BILL WOOD

25th & 26th March 2023

SHARROW, SHEFFIELD, S7 1BE

About the Course

Learning how to surrender more and more fully to the pull of gravity can be a central tool in our yoga practice - helping us to release tension, to become more deeply relaxed, and to support us on our journey into mindfulness.

Open to all, this weekend will be posture based, with periods of relaxation and sitting practice woven in.

Who this course is for

This course is for Yoga practitioners, teachers & student teachers and for anyone interested in developing their understanding and experience of healthy movement.

Places are limited to allow for discussion & individual supervision and so that we can dive deep into the practices!

The tutor : Bill Wood

A yoga teacher since 1994, Bill runs weekly classes in south Devon, and weekend workshops and retreats all around the UK.

While inspired by many different yoga and meditation traditions, his main influence has been the teachings of the late Vanda Scaravelli, and he continues to study with Sandra Sabatini, one of her longest standing students.

Before that he studied for 18 years with Diane Long, trained at length with John Stirk and Sophie Hoare, and is also qualified as a Sivananda Teacher, as a Yoga Therapist (YBT), and as a Core Process Psychotherapist.

Bill holds a warm and enquiring teaching environment that is open to all levels of experience.

Cost

The fee for this course is £140.00. To reserve a place, please fill in the booking form overleaf and return it with either the full payment or a deposit of £70.00.

- ॐ Cheques are payable to 'SYS Courses'
- ॐ To pay by bank transfer : 089299 / 69527210

Certificate

A certificate of attendance (for CPD points) will be provided for each day of the course.

Course dates :

- ॐ Saturday 25th March 10.00 – 5.00pm
- ॐ Sunday 26th March 10.00 – 4.00pm

Please arrive early for a prompt start.

Details

- ॐ Please bring your usual Yoga equipment, mat, cushions, blocks etc as well as a pen & paper.
- ॐ Teas and drinks are provided but please bring your own lunch.
- ॐ Venue : Sharrow, Sheffield, S7 1BE

For further details

- Email : info@sheffieldyogaschool.co.uk
- Tel : 0114 2338340
- Web : www.sheffieldyogaschool.co.uk

BOOKING FORM

Name :

Address :

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Post code :

Telephone :

Email :

Are you a :

Teacher Student teacher Enthusiast

Deposit : £70.00 ☐ Full amount : £140.00 ☐

(Balance due before 18th Feb 2023)

Please return this form to :

Sheffield Yoga School
16 Robertson Drive,
Sheffield.
S6 5DY

For further details

- Email : info@sheffieldyogaschool.co.uk
- Tel : 0114 2338340

This leaflet can be down loaded from :

www.sheffieldyogaschool.co.uk