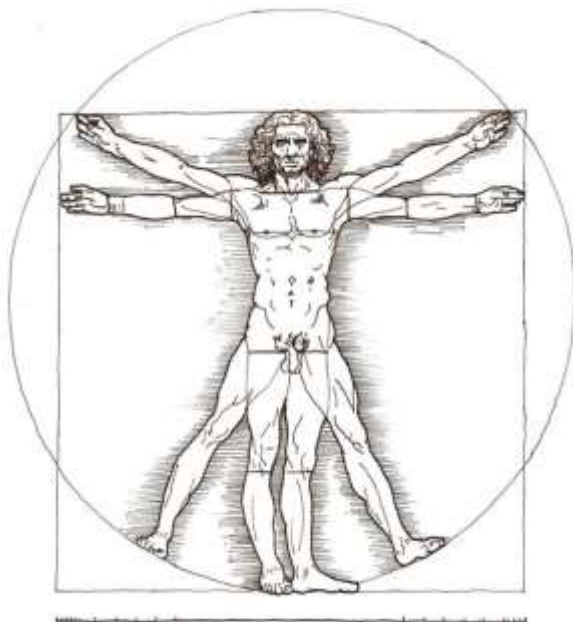


Humanist Yoga Course

An intelligent enquiry into the physiology, psychology
& philosophy of yoga in the modern setting



Four weekends with

Peter Blackaby

April - Sept 2022

Sheffield Yoga School

South Road, Sheffield, S6 3TA

Humanist Yoga Course :

The course will be a mixture of practice and discussion of key themes. Topics include :

- Yoga is not exercise
- Theories of movement
- Bottom up and top down processing mapping the body
- Yoga and the mereological fallacy
- What's so special about breathing?
- Working with Chronic pain & Pain theory in yoga
- Biases & Beliefs
- Review, Q&A and putting theory into practice

A full course outline is available on our website.

There will be time set aside for practice, where it feels like a class rather than a workshop, so that we will get a feel for how to apply the principles and ideas covered during the course.

The Tutor : Peter Blackaby

Peter Blackaby Peter Blackaby is a fascinating and thought provoking teacher; over the last decade or more he has been one of the most influential teachers in the development of Yoga practice in the UK.

Rather than approaching yoga as an exercise system, he sees it as a tool for self-exploration.

By paying attention to our bodily responses, we are more able to react appropriately and are less likely to meet discomfort and pain in life. We learn to act usefully, and sooner rather than later. We age more gracefully, and we adapt to change with less rancour.

What to bring

Yoga mat, blanket, notebook & pens, your own lunch.

“Yoga is a broad church, spanning many styles and belief systems. The approach I am working with at the moment has its roots in a humanistic philosophy. To understand as clearly as one can the rationale for yoga practice, and then to encourage practice with attentive curiosity. So that practice becomes your own, and you grow to be your own teacher.”

Peter Blackaby

Who this course is for

This course is designed for anyone with an interest in deepening their understanding of the practice of Yoga. *The course will be equally beneficial to Yoga teachers / student teachers and practitioners.*

Costs

The fee for this course is £670.00.

To reserve a place, please fill in the booking form overleaf and return it with either the full payment or a deposit of £150.00.

ॐ Cheques payable to ‘**SYS Courses**’

Post to : 16 Robertson Drive, Sheffield. S6 5DY

ॐ Bank Transfer : 089299 / 69527210

Please put your name as a reference for bank transfer

*Please return the booking form and deposit as soon as possible.
Places are limited and this is likely to be a popular course.*

Details

ॐ Dates : 23rd & 24th April, 14th & 15th May,

18th & 19th June, 10th & 11th Sept 2022

ॐ Saturdays 10.00am – 5.00pm. Sundays 10.00am – 4.00pm

ॐ Venue : Sharrow Performing Arts Space, Sheffield S7 1BE

BOOKING FORM

Name :

Address :

.....

Post code :

Telephone :

Email :

Are you a :

Teacher Student teacher Enthusiast

Deposit : £150.00 ☐

Full amount : £670.00 ☐

- *Balance due before 15th March 2022*
- *Terms & Conditions are on our website*

Contact :

- info@sheffieldyogaschool.co.uk
- 0114 2338340

More details and a full course outline available on our website :

www.sheffieldyogaschool.co.uk