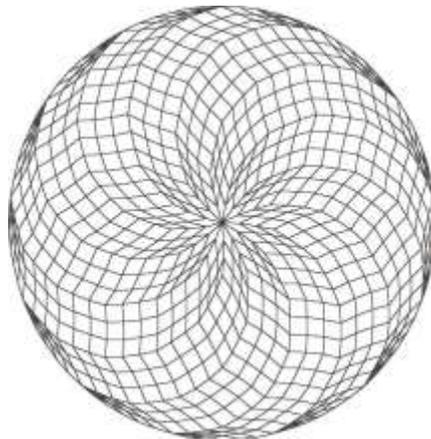


# Attending & Responding



*A two day course with*

**Peter Blackaby**

**9<sup>th</sup> & 10<sup>th</sup> March 2019**

GRENOSIDE COMMUNITY HALL  
**SHEFFIELD**

## Attending and Responding

When we practice yoga we are paying attention to ourselves on many levels. We may be noticing levels of comfort and discomfort, we may be noticing our sense of grounding, or the ease / difficulty with which we move.

This is the first part of the process, once we have noticed the question becomes 'what shall I do about what I have noticed?'

This weekend will explore this theme through the practice of asana.

## The tutor : Peter Blackaby

**Peter Blackaby** is a very interesting and thought provoking teacher. This 2 day course will give us time to explore his ideas in depth.

Peter takes a humanistic approach to yoga, firmly rooted in the here and now and underpinned by scientific research.

In his most recent work he seeks to distance himself further from the biomechanical view of the body, revealing instead his more integrative perspective, focused on the neurological basis for movement and on the relationships between things.

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. As we become better at this, life slowly takes an easier turn. 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, lunch to share.

“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 asana, particularly in terms of anatomy and how the body moves.

It will provide insight into how we might revitalize our asana practice, seeing it afresh and free from habits & conditioning.

*The course will be equally beneficial to Yoga teachers / student teachers and practitioners.*

## Costs

The fee for this course is £95.00.

To reserve a place, please fill in the booking form overleaf and return it with either the full payment or a deposit of £50.00.

- ॐ Cheques are payable to ‘**SYS Courses**’
- ॐ Send to : 16 Robertson Drive, Sheffield. S6 5DY
- ॐ Contact us if you prefer to pay by 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 Course dates 9<sup>th</sup> & 10<sup>th</sup> March 2019
- ॐ Saturday 10.00am – 5.00pm & Sunday 10.00am – 4.00pm
- ॐ Venue : Grenoside Community Hall, Sheffield. S35 8PR

## BOOKING FORM

Name : .....

Address : .....

.....

Post code : .....

Telephone : .....

Email : .....

Are you a :

Teacher ..... Student teacher ..... Enthusiast .....

Deposit : £50.00       Full amount : £95.00

*(Balance due before 1<sup>st</sup> February 2019)*

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](http://www.sheffieldyogaschool.co.uk)