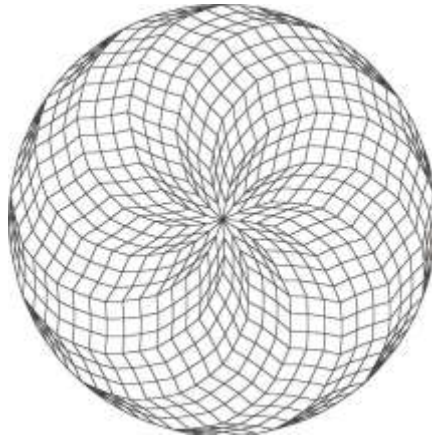


STRUCTURE, FUNCTION & FORM



A two day course with

Peter Blackaby

26th & 27th November 2016

GRENOSIDE COMMUNITY HALL
SHEFFIELD

Structure, Function & Form

What happens to our body when we practice yoga, and what are we trying to achieve with our practice? It is these questions that this workshop will look at.

It seems sensible to use asana practice as a way of integrating the mind, the body and the breath. We will explore the way in which our anatomy allows us to do some things and restricts us from others, and we will see where it is possible to change and where it is not.

If we practice intelligently we can bring a greater sense of ease into our body and discover on the way the little things we do that can make life more difficult.

Integration emerges as we learn to lose those unhelpful little things.

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.

Pete's teaching aims to establish a modern western point of view for the practice of yoga; to clarify some of the principles that make the practice safe and effective without reducing it to meaninglessness.

His interest is in how practice through the body can affect our psychological and even philosophical outlook.

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 26th & 27th November 2016
- ॐ Saturday 10.00am – 5.00pm & Sunday 10.00am – 4.00pm
- ॐ Venue : Grenoside Community Hall, Sheffield. S35 8PR

BOOKING FORM

Name :

Address :

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Post code :

Telephone :

Email :

Are you a :

Teacher Student teacher Enthusiast

Deposit : £50.00 ☐

Full amount : £95.00 ☐

(Balance due before 1st November 2016)

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