

## WORKSHOPS

### July 15<sup>th</sup> 2018

*'Progressing your headstand practice and teaching it to students' with Liz Watson*

**11am-1.30pm at The Yoga Station Whitley Bay (tbc)**

This workshop will look at how we need to work from the core and the shoulder girdle to be successful in lifting up into an unsupported headstand. We will do some strengthening work in these areas and see how they can be fitted in to your regular practice and in fact help with many other postures. We will look at different ways to get into your headstand and work in pairs to assist one another. The workshop will finish with some backbends, neck and shoulder releases and a long relaxation.

Price £25 must be booked and paid for at least 2 weeks prior to event. If you are booked in to this event you are welcome to join us for beach yoga on King Edwards Bay the same day at 9am for FREE (weather permitting).

### October 12<sup>th</sup>/13<sup>th</sup> 2018

*'Ashtanga and Back Care' with Mary Powell of Ashtanga Yoga Banbury*

Level 2 authorised KPJAYI teacher Mary joins us for a weekend of classes and workshop. I met Mary several years ago when we were both attending a retreat in India with Kino Magregor and Tim Feldmann. Since then Mary has regularly travelled to Mysore to study under Sharath Jois and has also assisted Kino and Tim on their workshops and intensive trainings in the UK. Mary will be teaching a mysore session on Friday evening and then on Saturday will teach a Primary Series Masterclass in the morning and in the afternoon a workshop on scoliosis and back care. Mary herself has scoliosis and her experience of how her yoga practice has helped this and how to care for your back will be invaluable.

Friday 12<sup>th</sup> October

*Mysore Class 5-8pm at Home Studio Tynemouth*

There will be staggered start times of 5pm, 5.45pm and 6.30pm. Each slot allotted will be for 90 minutes and there will be no more than 8 students practicing at any one time.

Price £10

Saturday 13<sup>th</sup> October

*10am – 12pm Primary Series Masterclass at Cullercoats Community Centre*

Price £15

*1 – 3 pm Scoliosis and Back Care Workshop*

Price £25

***Offer book both sessions on Saturday for £35***

A non-refundable £5 deposit is required to confirm your place on any of the sessions and the balance must be paid for 1 month before the event. Places are limited so please remember your place is only confirmed once your deposit is paid. The room at Cullercoats on Saturday is booked from 10am to 3pm so you will be able to leave mats etc there between sessions but please keep all valuables with you.

## **27<sup>th</sup> January 2019**

### *'Yamuna Body Rolling' with Nichi Green founder of The Yoga Space, Leeds*

Yoga Alliance SYT, and one of my own teachers from my teacher training, the lovely Nichi Green will be visiting us to share her knowledge and love of Yamuna Body Rolling. YBR is essentially self-massage using balls of various sizes and firmness with your body weight and small movements to release tension from necks, backs, leg muscles and more.

10am-12pm and 1-3pm at The Yoga Station Whitley Bay (time and venue tbc)

AM

#### *Discover your anatomy*

A general introduction to main sequences and how to use the balls to release legs, back and shoulders.

Price £25

PM

#### *Save Your Shoulders*

Create space and improve mobility in upper back and shoulder area.

Price £25

### ***Offer book both sessions on Saturday for £40***

A non-refundable deposit of £7.50 is required to confirm your place on any of the sessions and the balance must be paid for 1 month before the event. Places are limited so please remember your place is only confirmed once your deposit is paid. The Venue does have its own mats and equipment and Nichi will provide the balls for use which you may purchase at a discount afterwards if you wish. The room is booked from 10am to 3pm so you will be able to leave belongings there between sessions but please keep all valuables with you.