

# Yoga Workshop

Saturday 17 June, 10.00 - 4.00

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**GELDSTONE VILLAGE HALL**

**Cost : £50.00**

## The Day

Bringing stillness to the body becomes not just the art of relaxation, but also the gateway to liberating ourselves from the restrictions of the mind.

For those new to yoga you may think that poses are the most common way to practice Yoga - but there is so much more. This workshop will be a luxurious opportunity to explore the power of stillness in different forms.

In the **Asana** (postures) practice we will look at how we can find stillness in the classical postures.

**Pranayama** (breathing exercises) we will aim to extend those moments when the body is still and the mind is still. Then the mind becomes quiet and we can explore deeper aspects of ourselves.

Our main meditation practice for the day will be the ancient and powerful technique **Kaya Sthairyam** (Body Stillness).

And of course, not to forget, the blissful stillness of **Yoga Nidra**.  
Lunch and refreshments are included - and for those not watching their weight - cake!

**To book a place, or to find out more call or email:**



Jenny: 07791 745331

[info@jennymercer.co.uk](mailto:info@jennymercer.co.uk)

[www.jennymercer.co.uk](http://www.jennymercer.co.uk)

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