

Yoga and Pilates Events and Workshops in 2018

Yoga as Therapy - How to Use Yoga to Heal Common Ailments

Saturday 21st July and Sunday 22nd July in Kapucia Studio, Liverpool City Centre

Yoga is a highly effective way to both prevent poor mental and physical health and also to heal when things go wrong. Yoga Therapy is a profoundly effective and safe form of healing with ancient roots.

Are you a Yoga teacher who has students in your classes with problems and want to know how to help them heal? Are you a Yoga student who would like to learn how to apply the techniques of Yoga Therapy to aid self healing or deal with a long standing health issue?

Mike Cragg (Senior Yoga Teacher) is running a 2 day, weekend course aimed at serious Yoga students and Yoga Teachers/Trainee Teachers that will show you the basics of why Yoga heals and how it heals. **PRACTICAL AND HANDS ON COURSE!**

Yoga and Walking Workshop

Sunday 29th July in Llanarmon yn Ial (near Mold), North Wales

Spend a wonderfully relaxing day with us in North Wales in the beautiful Clwydian Hills practicing Yoga, walking in the hills and meditating in nature.

Two practical indoor Yoga sessions and an afternoon walk in the hills to practice simple outdoor Yoga.

Tibetan Healing Exercises with Maarten Vermasse

Sunday 23rd September in Hale Village Hall, South Liverpool

Tibetan Healing Exercises are a Buddhist 'Energy Yoga' combining **movement exercises, breathing techniques and self-massage designed to generate vitality and balance.** These exercises are traditionally used **for self-healing, deep relaxation and preparation for meditation.**

An understanding of the principles of these exercises can greatly enhance our practice of Yoga in general and Meditation in particular.

The day will be mostly practical and experiential. The primary aim is to provide Yoga practitioners with tools for the development of their own personal practice, by gaining a deeper insight into the process of sensitivity and openness within movement and meditation.

Restorative Yoga and Yoga Nidra Workshop

Sunday 7th October at the Studio, Cedar Farm Craft Centre & Galleries, Mawdesley (near Ormskirk), Lancashire

Within this weekend workshop we will explore quieter passive practices of Restorative Yoga and Yoga Nidra – to rest the body, relax the mind and rejuvenate the nervous system.

Using simple supported postures and breathwork we allow the body and mind to unwind and heal. These practices have many health benefits and often lead to deep spiritual growth. The inner calm we find practicing Restorative Yoga and Yoga Nidra allows us to find the state of no separation, anxiety or disconnection within our beings.

This workshop is suitable for all practitioners (including experienced students and teachers) with at least 6 months experience.

FULL DETAILS AND HOW TO BOOK AT –

www.yoga-liverpool.co.uk

01744 609058

mike.cragg@yoga-liverpool.co.uk