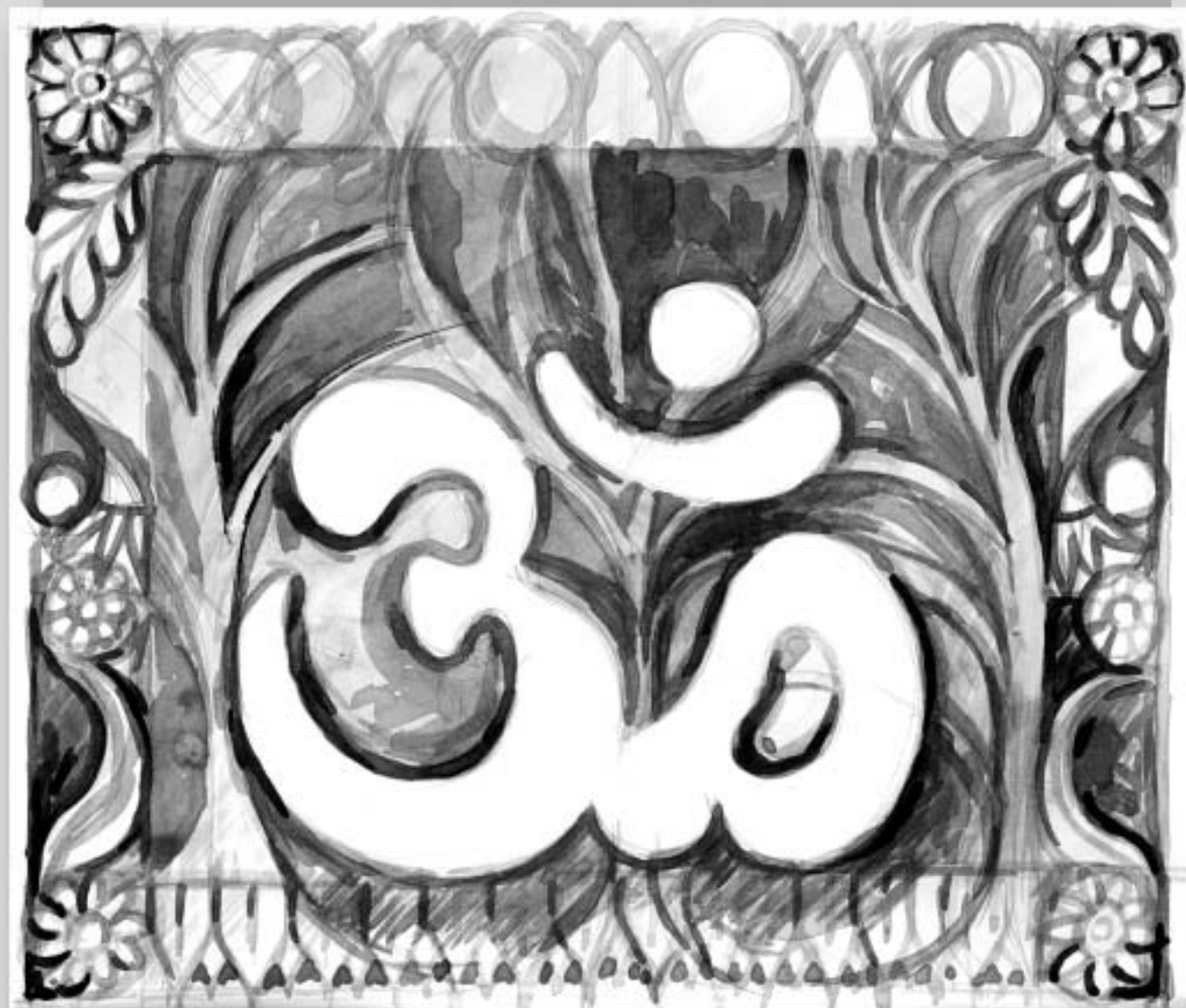


yoga news & views



Newsletter of SADIYI

(Sheffield and District Iyengar Yoga Institute)

Issue 4 - November 2002



EDITORIAL NOVEMBER 2002

Welcome to our fourth issue. This is the place for your news and views so thanks to those who have contacted us. Your articles and questions keep the newsletter alive so please keep them coming in.

We report on recent events including the national Light on Yoga Convention organised by SADIYI at Sheffield University from 29th August to 1st September. There is an update on the progress in establishing a Yoga Centre of our own in Sheffield and on the continuing support for this dream.

The Yoga Agony Aunt makes a come back offering advice this time to those of you with tight hamstrings. Yoga can be practised anywhere and we hear about yoga outdoors on beaches and on top of mountains! As usual we have diary dates and information.

Issue three explained the eight limbs of yoga, likening them and their unity to the different aspects of a tree. The aim was to explain some of the background of yoga, each aspect of which we will cover in subsequent issues. In this issue we delve down into the roots of the tree of yoga to focus on Yama, the first limb of yoga.

Gabby Hanlon, a yoga student in Sheffield, designed our front cover. It shows the symbol AUM that is often chanted at the beginning of yoga classes. The yogis regarded AUM as a powerful symbol and sound representing the first vibration of the creation of the universe. Interestingly this is similar to the "Big Bang Theory" of modern day physicists - the idea that the universe started with a big bang whose vibrations set the process of creation into motion. AUM is therefore seen as representing God, or the creative energy of the Universe.

AUM is made up of three syllables that represent the phonetic sounds and shape made in opening and closing the mouth.

A - the first symbol is the sound made with the jaw open

U - is the sound made when closing the mouth

M - is the sound made as the lips close

AUM is therefore a complete sound in itself. At a practical level chanting AUM has a profound effect on body and mind because of the focus and breathing it requires and the vibrations that it creates and sends through the entire energetic body or being.

In this context it was fascinating to listen to Gabby speaking about the AUM symbol and how in designing around it she had found the symbol complete in itself and capable of no embellishment or addition.

Namaste

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YOGA - Achieving Union

The place of Yama in asana practice

The yogis were great observers of life. I imagine them sitting around in Baddha Konasana (cobbler's pose), bending backwards, twisting, extending forward and standing on their shoulders and heads to get a full picture of life. Looking at nature they saw how when the roots of a tree are well cultivated the tree fruits and flowers easily and freely. They went on to identify principles, which they saw as giving roots for the harmonious development of society and flowering of individuals within it. These principles, known as Yama and Niyama, are reflected in all enduring ethical systems of the world. They provide the underpinning philosophy for all aspects of yoga.

The purpose of yoga has been described as to bring about union, bringing together body, mind and soul and harmonising the Individual with the Universal. Patanjali, the father of yoga, identified the following obstacles to yoga/union:

- Sickness and disease
- Laziness
- Doubt and indecision
- Haste
- Exhaustion/Fatigue/Languor
- Overindulgence
- Ignorance/Illusion
- Lack of perseverance
- Instability
- Lack of concentration

These blocks come from body and mind - whether there can be a separation between the two is a well-debated point. Although described as blocks to yoga/union they are of course the same blocks we experience in life itself.

Bringing an appreciation of Yama and Niyama to

asana practice can deepen practice and bring the understanding and experience to help overcome obstacles in yoga and life more generally.

In our last issue we described the different aspects of yoga using the analogy of a tree to reflect the integral connections between all aspects of yoga. Now we will take a closer look at Yama.

Yama represents the roots, the very foundations of the tree of yoga. The five principles of Yama concern our behaviour towards others and the environment. They consist of:

- Ahimsa - non-harming in word, deed and thought; consideration for all living things
- Satya - truthfulness
- Asteya - non-covetousness; the stability to resist what does not belong to us
- Aparigraha - the absence of greed
- Bramacharya - responsibility in sensual desire

Applying the five principles of Yama

Ahimsa/non-harming - Bringing this principle into asana ensures that we work sensitively and safely within our own physical capacities and do not take a thoughtless or aggressive approach. We learn to treat the body, others and all living beings as a (potential) friend to be looked after, listened to and encouraged; not ignored, given up on or criticised.

B.K.S. Iyengar talks of how the aim is to allow the energy to flow evenly throughout the body in asana. This involves seeking the opening and proper alignment of all parts of the body so that the left side opens as much as the right, the front body as much as the back body.

Cont ...



YOGA - Achieving Union

When this does not happen he says we are bruising the energy of the body and causing harm to the cells of the body which are being overstretched in one area and under stretched in another. Without such even extension we cannot access the sense of joy and freedom that each asana contains.

Ahimsa can operate at the level of the mind and invites us to notice and weed out negative self-talk e.g. "I can't do that", "I'll never do that", and "I'm just made differently", "Everyone else is better than me" or conversely "I am better than everyone else". Implementing Ahimsa in daily life reduces harming attitudes, thoughts and actions to others and ourselves and encourages us to recognise that we are all one.

Satya/truthfulness - Bringing this attitude to practice asks that we come face to face honestly with ourselves, with what we can and can't do and to honestly examine the obstacles and the ways in which we limit ourselves in yoga.

It may require us facing some "home truths". We may uncover laziness and unwillingness in ourselves and recognise that these attitudes found in asana practice are held in other areas of our lives, where there is similar unwillingness. It teaches us to accept ourselves as we are at any one point in time, to know our strengths and weaknesses and give up any illusion that we are better or indeed worse than anyone else.

Asteya/non-covetousness - Bringing this principle into asana encourages us to acknowledge and respect the source of teaching and ideas. It encourages us not to take advantage of others. Those who are trustworthy because they do not covet what belongs to others naturally have everyone's confidence and everything is shared with them. The benefits of non-stealing in relation to society are self-evident.

Aparigraha/non-hoarding - Change is guaranteed in life. Bringing the concept of Aparigraha to asana keeps us open to new ideas and challenges so that we do not stagnate or become static and closed to new ways of doing things. It helps us to keep a freshness and open mind each time we come to do a pose and to avoid a mechanical approach to yoga or indeed any other aspect of life, including work and relationships.

In life Aparigraha encourages us to let go of the things that are no longer necessary and might be holding us back, preventing us growing and moving with the flow of life. This attitude of letting go and being non-possessive makes life simple. The more we have the more we need to take care of it. One who is not greedy is secure.

Bramacharya/responsibility in sensual pleasure - Bramacharya counsels moderation as the path that brings most individual vitality.

"Nothing is wasted by us if we seek to develop moderation in all things. Too much of anything brings problems. Too little may be inadequate."

T.K.V. Desikachar

Yoga can bring us more in touch with and aware of the body and feelings. Bramacharya asks that asanas are not performed in an overtly sensual way and that the powerful energy of desire is used in a sensitive and responsible way not using or taking advantage of others.

The principles of Yama go hand in hand with the five principles of Niyama, and in the next issue we will cover how the principles of Niyama are applied in asana.

Helen Clay



LOYA 2002 Convention at Sheffield

A flurry of final preparation accompanied the arrival of LOYA 2002. Banners up, sound systems checked, badges written and teabags bought.

By late Thursday afternoon, the reception area had exploded into life with teachers arriving from all corners of the country for Corine's Friday workshop. One mature lady had arrived by train from the south, accompanied by her fold-up bike, and had cycled through Sheffield with her yoga gear precariously balanced behind her.

Blocks, mats and bolsters were united in a heap whilst keys were distributed and arms were wrapped around shoulders. Tired faces beamed. Without fail, a LOYA convention is the place where people connect through a common theme whether faces are new or familiar. There is a great sense of reunion from the start.

Friday continued in a similar vein and after Corine's excellent teachers' workshop a second wave of arrivals in the afternoon mingled with the first. Earnshaw Hall undulated with life, laughter, yoga equipment, young children and babies as families and friends exchanged news and views.

The final polish came after the evening meal in the form of classical Indian music with Kamalbir Singh. As people relaxed, perched on their foam blocks in the hall, hips and heads beginning to sway to the sound of Asian promise.

Saturday and Sunday offered a variety of classes so that there was something for everyone. The teachers - Corine, Alan, Marion and Judi each brought with them a rich casket of knowledge offering gifts of precious insight to everyone's mat. New or remedial students were guided with sensitivity. One student commented on how in awe she was at the quality of teaching. Other comments were penned, and a selection is included in this issue.

What is striking at these events is that there are many experienced practitioners who, despite their 25 years plus experience, still come away just that little bit richer and wiser. There is a respect for the vastness of the subject. There is respect for the fact that we are all beginners.

Leisure time in the afternoon brought an opportunity to enjoy the sunny weather, visit places of interest, attend the AGM and join in relevant debates, (such as helping to fund a Yoga Centre for Sheffield) or to attend a fascinating Ayurveda workshop. People were brought together for meals which were truly scrumptious, colourful affairs, adapted specially for our yogic needs. (Three cheers for the catering staff!)

Di Bayliss (also known as the Black Cat Theatre company) with technical support from Alan Brown, presented us with a dazzling and extremely professional shadow puppet show re-enacting two tales from the ancient texts. This was an absorbing end to a very busy Saturday.

After the last asana classes on Sunday, final goodbyes and heartfelt thanks were made to our teachers at our closing ceremony after lunch. By the look on people's faces, everyone felt renewed, inspired and personally touched by the specialness and sense of belonging which a LOYA convention brings. Long may they continue.

Bev Fox



Images of LOYA 2002



Corine's class at the ready



Sunday morning headstand



Fun on the front desk



Corine giving a detailed demonstration



Images of LOYA 2002



Kamalbir Singh on violin with support



Alan Brown's philosophy class



Market stall



Closing ceremony



A personal view from Maggy Young

I was very fortunate to be allocated to Corine Biria's classes both on Saturday and Sunday morning, as well as attending the welcome session on Friday evening.

The experience started on the Friday evening, mat cramped in the doorway of the hall, scarcely able to see Corine. My first taster of what was to come was work in the dog pose and utanasana with upper kneecaps flexed and back of the knees wide open. I started to become aware of parts of my body I'd not previously been aware of such as front, inner and outer groins.

The work intensified on Saturday and then Sunday morning, where the main challenge was to work towards 'football buttocks' as opposed to 'rugby ball buttocks'. We worked very hard in the asanas, following Corine's instructions to 'moove' or to lift certain parts of our anatomy 'higher and higher'. Sometimes the work was extremely challenging but also rewarding as we experienced Corine's teaching and demonstration of what to aim for in the postures.

We were well rewarded for the hard work in the first part of the morning with a leisurely break for refreshments (yogi tea, fruit, nuts and seeds) followed by pranayama. I found the pranayama teaching extremely helpful and in a strange way moving and comforting. The precise instructions on how to place our pillows and blocks enabled us to lie down with chests raised to follow the instructions for the breathing exercises.

On the Sunday morning Corine focussed on Pranayama exercises to be carried out in a seated cross-legged position. This involved us raising our 'side ribs' as if supported by scaffolding. She explained that posture and depression are closely linked. Women particularly may be more melancholy as a result of hunched back, rounded shoulders, closed in chest etc. We had to lift the chest, not allowing there to be any dents between the shoulders and the breast area. Corine explained that people with depression should focus more on inhalation than on exhalation in breathing exercises.

She explained the aim was to work on the mind through the body, training the mind to 'do what it is doing'. We were asked to focus on connecting the mind and chest area as if by magnetic force. Other thoughts were to recede and we were asked to watch the breath, alternating between three complete breaths and normal breathing.

She talked us through letting go at the base of the tongue (the source of chatter in the brain) and in the cheeks (the reservoir for thoughts). I found I could work with the clarity of the instructions whereas previously I have drifted off into private thoughts or sleep. I found Corine's teaching helped me make a number of important connections. Now I have the opportunity (and the challenge) to continue this work in my own practice.

Maggy Young



Alan Brown - Philosophy in yoga

Alan Brown introduced his workshop by asking us what "philosophy" actually means in yoga - a pursuit, or love, of the truth is one definition.

The theme of the workshop was to look, in intense detail, at the truth, the reality of what we were doing in yoga practice. Each asana was analysed in minute detail, not only in its physical, bodily aspects but also in terms of the activity or passivity of our minds.

Alan Brown challenged us to raise our awareness to keep up with every movement in every part of the pose. And even chastised us for letting our attention travel outside of ourselves, to the rest of the class and to him.

His point was (I believe) that only by dealing with the reality of our own bodies, our own asanas, can we make real progress in yoga. We have nothing to work with except the moment-to-moment reality of our bodies and our states of mind. If we are not aware of, and sensitive to these we will only ever be stretching!

It was almost a shock to me to realise the level of focus that we could have in our practice, and the difference it made if you could get that level of awareness and concentration in a pose - even for a few seconds.

Many, perhaps most, participants in this workshop seemed to find it very challenging, and I would even say not very enjoyable. My theory is that it exposed to us just how hard we find it to control our own bodies and minds. Particularly our minds - It is quite a revelation, and quite an uncomfortable one.

I am very grateful to Alan for his uncompromising style of teaching - that short workshop really raised the stakes in my yoga practice. It helped to make it my own - my responsibility. In short it helped me to integrate my yoga practice into my own love of the truth.

Helen Scarlett



What you said about LOYA 2002

How about more workshops rather than big classes?

Yoga wonderful, many thanks. Food lovely (but never hot).

Gratitude/fear and indignation for challenging old habits. What the doctor ordered.

Big thank you to Helen and Dominic and all for such a superb venue, wonderful food and teaching by Corine.

Wonderful. Please bring Corine to Sheffield soon.

Excellent food for body and soul.

Great event. Thank you very much. It was a joy to learn from Corine. I hope to come back to the next event carrying football buttocks!

A very helpful and inspiring weekend for a teacher-trainee. Corine was a gracious and illuminating teacher.

Wonderful teaching from Corine. Excellent organisation. Can't fault it. Thanks for a lovely convention.

Very perceptive and sensitive asana and philosophy class with Alan Brown.

Would have loved a hot drink, not luke warm!

Thank you all very much for organising such an excellent Convention and for providing such inspirational teachers.

I felt so energised after the Sunday classes that I drove back to Cornwall in record time and am still "flying" days on!



A big thank you for such an enjoyable, well run convention. Any conventions in the future will have a lot to live up to!

Everything 1st class! One suggestion - to sweep floor as the fluff of the blanket builds up and makes one sneeze.

So much noise early morning! Banging and shouting from yogis!! Ask for peace at start of next one??

Gentle and wise approach to pregnancy. Tremendous depth of knowledge and detailed observation from Corine.



The Yoga Centre and Association

There has been good news and not so good news on the SADIYI Yoga Centre. For those not familiar with our attempt to buy a renovated chapel in town for a Yoga Centre, the saga has been developing for the last 18 months. An enormous amount of hard work, goodwill and support from around the country has enabled us to make an offer on the building. Unfortunately, although it was in line with our valuations, the offer has been turned down.

At first downhearted, a few of us on the committee have rallied and are trying to find extra cash! The building will be put on the open market soon but has not yet been sold so we are looking at grants and other means of securing the place. We are getting sound professional advice from people in the property world. So please keep sending positive thoughts and wishes for this project, which would provide a "home" for Iyengar yoga in the city.

Queenie's 50th jubilee

Helen wanted to escape the Jubilee celebrations with a trip to the Lake District.

Coming down off Fairfield, after a day of mist and fine drizzle, we noticed one of the group was missing. We looked back to see Helen defying gravity and middle age and somersaulting gracefully into the kind of back bend we don't like to think about.

Realising that we all attended yoga classes, whether in Newcastle or Sheffield, we were immediately disciplined into Helen's favourite standing poses. Thankfully ignored by sheep and walkers we obeyed instructions but

Meanwhile, more background, essential work continues. We have applied for charitable status and have become a Company Limited by Guarantee. For reasons best known to Companies House, this means that we can no longer call ourselves an "Institute", so have decided to become an "Association". This change will be put formally to members at the Extraordinary General Meeting on Sat 9th November, in the middle of our Yoga Day!

The committee is working hard with all these initiatives and is an excellent and talented bunch. However, we do have room for more talent and would also particularly welcome students from Bev, Paul and Helen's classes so that we can make sure we represent the widest range of members' and students' views. Have a word with your teacher if you would like to get involved.

Frances Homewood

managed to strike a subversive note. Anyone familiar with ancient Tibetan semaphore will see, by turning the page upside down, the cleverly concealed message: "Congratulations yer majesty".

Peter Benyon

Union with the earth, the elements and friends
Sinking the feet into the mountain, stretching up to the sky
Feeling the joy and abundance of life
What more could there be!

Helen Clay





The Yoga Centre and Association

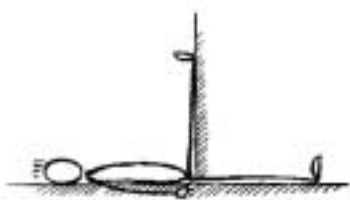
"My hamstrings are stiff and don't seem to respond to stretching. I have tried a rolled blanket under the knee in forward bends. Have you got any other advice?"



The hamstrings are a group of muscles that sit at the back of the thigh, attached at the hip and just below the knee. When working to elongate the hamstrings it is good to remember that they are inserted at both ends. Like a piece of elastic, they have to be stretched in both directions i.e. from the knee to the hip/buttock and vice versa.

One good way is in Supta Padangustasana with the lifted leg up against a wall or door frame in such a way that the other leg can stretch along the floor. The lifted leg is the one on which to focus most, bringing the buttock as close as possible to the vertical surface. Make this buttock heavy so that the outer and inner side of it drop to the floor, then bring as much of the back upper thigh onto the wall/doorframe as possible. Then relax and stay! If the hamstrings are very tight they can easily strain, especially in this cold season, so use no force.

Five minutes on each leg every day, in this passive way, can bring amazing results.



Supta Padangustasana

Similarly, the standing version Hasta Padangustasana is effective. The leg is lifted and rested onto a support at appropriate height and the buttock and thigh of that leg brought towards the floor, extending the hamstrings.

The standing leg can be angled slightly so that the heel is further away from the wall than the thigh. Forget achieving anything; just breathe and be there.



Uttitha Hasta Padangusthasana

Use the same principle in seated forward bends. A rolled blanket under the knees is good as long as you are bringing the root of the back thigh to the floor on the straight leg- so only a small roll. Let the buttocks be heavy and spreading slightly. Some strange people possess heavy weights like sandbags, which can go on the thighs to help them relax down! It's important in these poses to also extend the heels away from the buttock so the whole back leg, including calf muscles, stays long.

Seated Baddha Konasana on a bolster or blocks is good for opening the groins and hamstrings. More intensive stretch occurs when you sit facing a wall on which there is something you can hold above chest height (domestic radiators are often good if you don't have wallbars in your front room). Use the support to lift the chest and release the groins down.



Baddha Konasana with radiator. Soles of feet together

Dog Down/Addho Mukha Svanasana with heels up against the wall is a useful pose for people with stiff hamstrings. It reduces strain in the knees and hip joints and strengthens the calves, Achilles tendons and arches of the feet.



Dog Down - Addho Mukha Svanasana

Do write and tell us how you get on! Pass your comments and questions to one of the editors. (Wendy or Helen, contact details in Editorial.)

Heels against the wall



Imagine yourself on a beach ...

The concept of a holiday is a luxury for much of the world's population, but is commonplace in western society. It is regarded as an opportunity to recharge ones batteries. Leaving aside the inequalities (as far as possible) how does yoga fit with the traditional seaside holiday?

For a Sheffielder, being close to the sea is a rare and wonderful experience. Gazing at the sea can invoke a sense of wonder at the universe; a sense of continuity and possibility. Indeed, the rush and routine of life can cut us off from the natural world, and for many people, this is the only opportunity to experience such feelings.

For the yoga student, this holiday period is often combined with a break from classes. However, it is important to note (as Iyengar says), that the class is where one learns about yoga, and it is distinct from regular practice, which makes use of what has been learnt. After a while, yoga practice becomes a joy, not a chore, and you will wish to continue it even if classes have ended.

So - do Yoga on the beach! In practical terms, the sand and a towel does not give the same grounding as a floor for the standing poses, so you might choose to modify your normal routine. However, the support it provides in, for example, Virasana is very comfortable, and Urdvha Dhanurasana can be done by gripping a towel.

Don't be too concerned about the lack of props. Do what feels safe for your body, leave time for a bit of meditation or relaxation, and enjoy the moment!

Location is important; I'm not suggesting you do this on a crowded beach, and I chose an early morning time, with only the occasional jogger around. This felt safe for me.

Speaking personally, I found that doing yoga in such a situation was inspiring, and I wholeheartedly recommend it.

Mike Parr

Yoga classes in Sheffield

If you wish to join a class please call the teacher first to confirm a place is available.

Frances Homewood at Crookesmoor Community Centre.

Monday 6.30 to 7.30 Beginners

Monday 7.45 to 9.15 Intermediate/Advanced

Wednesday 6.30 to 8.00 Intermediate

Wednesday 8.15 to 9.15 Introductory Course

Call Frances on 0114 2335753

Helen Clay at St Mary's Church/Community Centre, Bramall Lane.

Wednesday 6.30 to 7.30 Beginners

Wednesday 7.45 to 9.15 Class for those with some experience and who wish to move on with their practice

Call Helen on 0114 2661237

Bev Fox at United Trinity Reform Church Ecclesall Road

Wednesday 7.00 to 8.30 More than 2 years' experience

Call Bev on 0114 2556340

Paul Barkworth at Bolsterstone Village Hall

Tuesday 7.15 to 8.45 Beginners

Call Paul on 0114 2886666

Dominic Batten at Crookesmoor Community Centre

Tuesday 6.30 to 7.30pm Beginners

Call Dominic on 0114 2649418



Yoga morning at Bolsterstone Village Hall 15 June 2002

Sheffield yogis found out why our title includes 'District' in SADIYI - the venue for our yoga morning was the Bolsterstone Village Hall, a familiar place to some North Sheffield Iyengar students for their Tuesday evening classes.

The clean bright space occupied by about 36 students seemed busy and noisy at first, but soon our invited teacher had us shipshape and orderly. Tricia Booth, a senior teacher and teacher trainer from Manchester observed and assessed our very wide range of experience and ability. Her skill and knowledge inspired us all to improve our postures by using different approaches to familiar asanas. For instance, in Ardha Chandrasana some students placed their raised leg against the wall. This gave steadiness and a reference point for the upward rotation of the top groin and lower ribs, making the whole asana more open, aligned and balanced.

Tricia's detailed demonstration and inspiring words flowed throughout the class, finishing with savasana when she provided useful details about sliding the heels down the mat to

straighten the legs, thus keeping the abdominal muscles soft. And pressing bent elbows into the floor to lift and open the armpit chest. These physical details are just a snippet of the essentials Tricia gave prior to the subtle mental processes of mastering the inner self in savasana.

SADIYI thanked Tricia for travelling to teach our group, bringing her wealth of knowledge, inspiration and encouragement to us all. Tricia also made a generous donation to our building fund, for which we wholeheartedly thank her.

A World Cup match versus the planned Saturday afternoon walk nearly brought the afternoon plans crashing, but a shared lunch and the walk were greatly enjoyed by a few. The sun smiled on our walk around Bolsterstone.

Mr Iyengar said yoga should promote friendliness, and our yoga day certainly followed his wishes.

Paul Barkworth

Yoga Journal

This journal is a U.S. Yoga magazine, very glossy and professional, with a wide range of yoga features - not just hatha yoga. It covers many schools of yoga, but many of the articles have a recognisable Iyengar slant. It is published twice a month.

Some Sheffield newsagents (including W.H.Smiths) will order it, but (maybe because of the bi-monthly aspect) its delivery is hit and miss.

You can also order it over the internet from:

www.yogajournal.com

The cost for 7 issues is approximately £24





Dates for your diary

Yoga days in Sheffield

All these days will be held at St Mary's Community Centre, Bramhall Lane, Sheffield from 10am to 3.30pm with a break for lunch.

Saturday 9 November 2002 with Genie Hammond

Saturday 18 January 2003 with Frances Homewood

Saturday 5 April 2003 with Richard Ward

Saturday 21 June 2003 with Jayne Orton

The SADIYI website



Our website contains event details, class lists, articles etc. It is regularly updated, and can be accessed by anyone, whether a SADIYI member or not. In an earlier newsletter, the address was incorrectly given. Point your browser to:

www.yogasheffield.org

Yoga events with Alan Brown

Saturday 23 November 2002 Morning Workshop
9.30am to 12.30pm
(Standing poses)

Saturday 14 December 2002 Morning Workshop
9.30am to 12.30pm
(Forward bends)

Saturday 25 January 2003 Day of Yoga
10am to 4.30pm

Saturday 22 February 2003 Morning Workshop
9.30am to 12.30pm
(Inversions)

Saturday 23 March 2003 Day of Yoga
10am to 4.30pm

Yoga Days will cost £17.50 inclusive of a light vegetarian lunch. Weather permitting, there will also be an optional guided walk in the surrounding Pennine countryside. Suitable for everybody.

Morning Workshops will cost £9 and are more serious and concentrated sessions working on some aspect of yoga practice. Some Iyengar Yoga experience required.

To book please send payment in full to:
Alan Brown, 23 Middleton, Cowling, W. Yorks.
BD22 0DQ (cheques made to A. Brown)
For further information please ring 01535 637359 or email: alan@dianalan.plus.com



Advertisements

Philip Cole
(M.R.S.S.)



SHIATSU

Shiatsu is an oriental bodywork therapy which uses various techniques such as stretches, joint mobilisation and pressure applied with the hands and fingers to specific (acupuncture) points on the body. Shiatsu feels good; bringing warmth and energy to weaker areas and releasing stuck areas.

Shiatsu has evolved to address the specific problems of physical and emotional illness or injury, whilst at the same time bringing deep relaxation to relieve the stress underpinning many conditions, however large or small.

Maybe we just need a still point in a busy and pressured week.

A treatment lasts about an hour and costs £25. The client remains fully clothed

To find out more, talk to me on

0114 279 8112

Or visit my website at www.shiatsusheffield.co.uk

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