

Intuitive Yoga

'the extraordinary gift of self-discovery'



*What does it mean to be left alone with your body on a mat,
with no standard instructions as to what a position should look like?
What does it mean to come to yoga practice fresh each time?
To throw away ideas about how poses should be done?
What does it mean to develop a creative practice – one that evolves moment to moment?
How do we learn to follow the rhythms of our body and mind?
The rhythms of breathing, rest and movement of attention?
Is it possible to allow your body to really become your teacher in your yoga practice?*
- Anna Crowley

In these experimental sessions, you will be invited to develop your own yoga and meditation practice by refining your sensitivity to inner guidance. Rather than 'following what the teacher is doing', you will be provided with a safe space to listen inwardly and then move intuitively. Eye-bandages and ear-plugs will be available to help you let go of external distractions and stimuli. Sessions will be 90 minutes duration. The 'practice' will run for the first 60 minutes and we will then join as a group to share our experiences and enjoy a cup of tea.

The sessions are not suitable for beginners; a few years yoga and/or meditation experience is preferable.

Saturdays, 2.30-4pm, once per month, dates for 2010 include:

17 April

15 May

19 June

17 July

14 August

18 September

16 October

20 November

Location: Williamstown Yoga Centre, 109 Douglas Parade.

Time: 2.30-4pm

Cost: \$12.00

Enquiries: Fiona – 9399 9690 or fiona_hyde@hotmail.com

*You're not alone if you find it difficult to practice on your own.
Lots of yogis feel that unless they're in a class setting, their practice will fade away.
But if classes, books, and videos are the only way you practice,
you may be missing out on an exquisite gift: your very own yoga...*
- Anne Jablonski

