

WORKSHOP 1:

ENERGY:YOUR SPINE, YOUR NERVOUS SYSTEM, YOUR BRAIN, YOUR MIND

Saturday 31st March 1030-1330 3 hours

We will do a set of exercises for increasing spinal flexibility and bringing a balanced energy to the brain.

So that you will have access to maximum physical and mental energy, and can balance yourself.

Then we will work on the nervous system, so that you can withstand the stresses in life, with a smile on your face.

In the session, we will be:-

Using pranayama (breath techniques)

Asanas (physical postures)

Mantra

Bandha (body locks for directing and enhancing the flow of energy in our body)

All this has a profound effect on our mental world.

We close with a 31 minute meditation using a meditation that, with regular use, will clear your subconscious patterning, freeing you of unhealthy mental and emotional baggage/ ties. This is an active meditation, that anyone, even beginners can do.

We will use music and also.

3 hours

Tea afterwards

£15.00