



YOGA GARDEN

Spring is here - Look what's blooming at The Yoga Garden

This Spring and Easter we have a host of retreats, workshops and new classes to soothe your soul, ignite your fire and inspire your life.



EMBODIED MEDITATION RETREAT

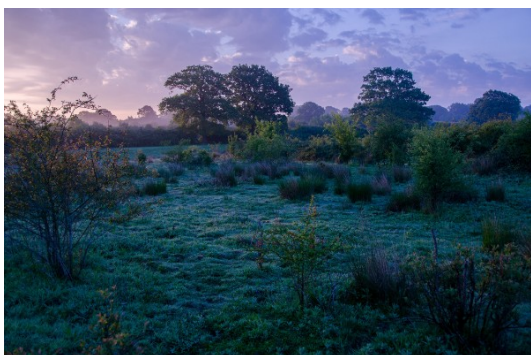
with Ana Marcela Wakeham

Sunday 1 April - Monday 2 April. 09:00 - 16:00

£65 for one day or £110 for both

This retreat will be a down to earth study and experience of embodied mindfulness, traditional Hatha Yoga teachings and the latest research in neuroscience.

This Retreat is for everyone who wants to establish a meditation practice, suitable for beginners and advanced practitioners. This course observes and follows the teachings of the venerable Ajahn Sucitto, a monk from the Theravada Thai forest tradition.



BOOK YOUR MEDITATION RETREAT



Open to all levels, this two and a half hour Masterclass with Amrita promises to be an invigorating practice inspired by the Jivamukti Yoga method. Focusing on hips and twists to release tension and relieve stress you will be igniting your inner fire to regain lightness following cold darker months of Winter. We are calling in the bright and joyful this Spring, so prepare to move, groove, sweat and have fun! Read more about Amrita and Jivamukti yoga [here](#).

Saturday 31 March, 15:00 - 17.30, £35

Booking directly with Amrita: amritajules@yahoo.co.uk or 07887428740 or at amritayoga.co.uk

BOOK NOW



BELLY DANCE POWER - APRIL 3, 18:30 - 21:30

EARLY BIRD OFFER

£29 on bookings before 20th March. £40 thereafter.

An Invitation for a Transformational Journey into Your Bellydance Power.
Using traditional Middle Eastern dance techniques, Sacred dances from around the world,
breath and energy work, meditation, yoga and conscious communication. We naturally
raise our vibration as we dance into our divine self.

Katie will guide and share her extensive knowledge instilling a gentle confidence inspiring
you to continue on your transformational path of 'dancenlightenment'.

BOOK NOW

IT'S THAT FRIDAY FEELING

New classes to ease you into the weekend.

PILATES with Ana Marcela Wakeham

Friday 09:30 - 10.30

Improve your posture, strength, and co-ordination whilst relieving muscular tensions. Marcela works with deep postural muscles to ignite a strong and flexible core for building ultimate resilience and responsiveness. [More info](#)



INTRODUCTION TO ESSENTIAL OILS

Friday 12:15 - 13.30

Are you curious to find out more about how to use essential oils? Each week we will explore different themes; improved digestion, sleep, immunity, use in the kitchen etc. [More info](#)



[SEE OUR TIMETABLE](#)

THE POWER OF SOUND

Sound is a potent and powerful energy that can express a range of emotions; love, sadness, frustration, and anger.

Our nervous system is the control centre of the body receiving information from the brain and instructing our body to respond and react to any arising stimuli through our five senses. Think about how we react to an alarm bell, a shout or scream, a loud bang for example, our whole body is likely to respond as though it is a perceived threat.

So imagine how we might respond to sound and vibration that is perceived as calming, relaxing, and safe. The entire system begins to move into parasympathetic dominance, the rest and digest response, where our immune and digestive systems are more efficient and the stress and inflammation responses are downgraded and ameliorated.

Science acknowledges that certain types of meditation using repetitive mantras in thought form or chanted aloud can innovate a powerful relaxation response in our body and mind.

with Siobhan Swider & Gavin Frank.
SUNDAY, APRIL 8, 18:45 - 20:30, £25



[BOOK NOW](#)

RETREAT TO THE LAND OF GODS AND GODDESSES

ATHENA WOMEN'S WELLNESS

with Georgie Griggs and Nina Fowkes

20th-24th April 2018

£1200pp or £950 based on 2 friends
sharing

(WOMEN ONLY)

SPRING DETOX

with Chessy-Tudor Williams and Nina
Fowkes

25th-29th April 2018

£1200pp or £950 based on 2 friends
sharing.

(SUITABLE FOR MEN AND WOMEN)



We've created two new exclusive, luxury, five day retreats for you this April, to

In the land of Gods and Goddesses, surrounded by wild beauty and stunning panoramic views of the Ionian sea, your stay at the Kardaki estate, Corfu offers a safe and healing space to allow yourself to be nurtured by the Mediterranean sun, high vibrational, organic locally produced foods, healing bodywork and medicinal grade essential oils.

We are committed to ensuring you receive the highest quality attention you deserve, with a maximum of 6 guests only.

Come and join Nina, Georgie, and Chessy and give your inner God and Goddess the nourishment they deserve.

WHY NOT EXTEND YOUR STAY?

As our two retreats follow on from each other, there is the option to immerse yourself for the complete ten days. Enquire further [here](#)

FIND OUT MORE



TEACHER TRAINING

TASTER SESSION - FULLY BOOKED

It's still not too late to join our incredible teaching faculty for our 2018/2019 teacher training starting June 22, 2018.

If you're keen to deepen your practice, embark on a journey of self-discovery and become a confident and knowledgeable yoga teacher then apply now as each year is oversubscribed. [Read more](#)

APPLY NOW



YOUR ESSENTIAL HEALTH HACKS

If you've not managed to shake this winter cough or respiratory infection, here's a great little essential oil blend from [doTERRA](#):

Blend 1-2 drops of; Breathe, Lemon, Frankincense with fractionated coconut oil and apply to the chest area. Alternatively, cup the hands and inhale or diffuse the essential oils into the air. Use as necessary.

Lovingly providing a space for you to be yourself
With love from Nina and The Yoga Garden team

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