



YOGA GARDEN

MAY you be happy and healthy

May and June are bursting with opportunities to enhance your health and wellbeing, there is literally something for everyone.



Teacher Training 2018/2019

Our current yoga teacher training comes to a close this month with a final 4 day weekend;
26-29 May.

Our next training begins June 22nd and is the result of a 5-year evolution representing a contemporary understanding of today's yoga, whilst underpinned by the ancient insight and wisdom of this tradition.

As well as learning from our Principal Teacher; **Toni Roberts** who brings 10+ years of teaching on teacher trainings, along with her specialist area of interest and training in Yoga Therapy for Mental Health Conditions, you will benefit from a collective of guest

APPLY NOW



DANIEL SIMPSON - Yoga History and Philosophy

Daniel Simpson is one of the worlds top researchers and presenters of Yoga History and Philosophy and is at the forefront of the absolute cutting edge of understanding, based on his own research and his affiliation with the 5 years funded research program; The Hatha Yoga Project run by Jim Mallinson at SOAS University, London.

Here's a summary of what will be covered with Daniel over 2 days:

"Over the past 2,500 years, yoga has evolved from a way of transcending the world to a multi-billion-dollar industry. But where did its practices come from, what was their purpose and how has that changed?"

We will explore these questions by looking at texts from the yoga tradition, including early, the Bhagavad Gītā, Patañjali's sūtras, and the Haṭhapradīpikā. We will identify common ideas that make practices yogic, and consider their relevance to modern practitioners.

Yoga has always been changing, though its ultimate goals are beyond time and space. By looking at the history of how it developed, we will trace its different meanings and put contemporary practice into context."



ADAM HUSLER - The architecture of Arm Balances, Inversions, and transitions

Adam Husler an incredibly skilled, contemporary teacher with a deep understanding of anatomy and a inimitable ability to teach asana in a manner that is both authentic, encouraging, practical and empowering. His program of content looks like this:

The architecture of arm balances and inversions including:

Individual poses as above broken down

Bakasana family,

Koundinyasana family,

Pincha Mayurasana family,

Ado Mukha Vrkasana family,

Sirsasana family

Drills & remaining asana breakdown

Assisting

Q&A

Transitions and Salutations:

Sequencing for arm balance/inversion peak poses

Practice drills and methods of building strength/flexibility

Assisting

Business of yoga

In addition to Daniel and Adam, we have the incredible **Silvia Laurenti**, our anatomy and physiology teacher.

Silvia is a gifted teacher, making the often dry subject of Anatomy and Physiology (A&P), accessible and enjoyable, leaving you with not only a deeper understanding of your own body, but an embodied, intelligent and approachable way to teach others. Many 200hr teacher training programs have no more than 16hrs of A&P taught over 2 days, we feel that our offering of 40hrs spread over 4 days gives our students the necessary tools to teach in a knowledgeable, inspired and safe way and the confidence to continue learning a vast and complex subject.

A day with **Sal Jefferies** offers you a chance to enhance your communication skills and give you the tools and confidence to teach from an authentic place.

APPLY NOW



KIRTAN TIME with Siobhan and Gavin.

Saturday, May 19th, 18:30 - 20:30, £25

After an incredible evening of 'Kirtan, Harp and Sound Infusion' last month with Siobhan Swider; freelance harpist and sound healer and Gavin Frank; voice coach, Kirtan leader and musician, we couldn't wait to invite them back.

With an inspiring mix of; chanting, harp, crystal bowls, Indian harmonium, Himalayan singing bowls, shamanic drumming and an array of other healing instruments, you are invited to go on a sound journey that works on both the physical body and the subtle body.

Here's testimony of one of the attendees from last month's evening:

"I've been to many sound baths, and Kirtans before but I've never experienced such a profound sense of uplift, peace, and positivity in both my body and mind."

again."

[Here](#) is a taster of Siobhan and Gavin in action

Booking is essential and can be done via our [website](#) using the 'BOOK' button or call:
01903 892459



SOLSTICE EMBODIMENT WITH DELAMAY DEVI 16 & 17 JUNE

£65 per day or £125 for the full weekend

Join us for a full weekend of Solstice Embodiment or just one day! Each day includes a nourishing vegan/gluten free lunch, created by Martina from Yoga Chef Amore who also creates the delicious food on our teacher training. Plus a different solar and lunar Prana Vinyasa Yoga practice and a variety of inspirational activities to fertilize your dreams and seed intentions as they blossom and flourish into life.

Book your place on this one or two-day event with Delamay [here](#).



Anyone for a sleepover?

If you are thinking of attending the 2 days 'Solstice Embodiment' with Delamay and wanting to really unwind and immerse yourself in nature, then look no further. Knepp Castle offers 'pitch your own' camping at £15 pp per night and comes with your very own upcycled firepit and barbecue grill for cooking up supper and use of their fantastic onsite facilities shown above and [here](#).

BOOK YOUR PITCH

A HEALING SPACE...

Our therapy yurt is currently being made with the intention of creating a dedicated healing space.

If you are a yoga teacher or therapist and are looking for a nurturing space to hire for; treatments, small classes, one to one yoga, small group therapy, meditation sessions or spa days with an eco-nature twist, then please contact; nina@theyogagarden.co.uk for more information.

Or head down to the Floral Fringe Fair at Knepp Castle, June 2 & 3 to speak to Nina and get a feel for the yurt itself.





Retreat & Repeat

"I returned home clearer and more positive to live life more 'in' the moment."

Back from our two retreats at the stunning Kardaki Estate in Corfu, we are taking time to reflect and absorb the amazing time we all had. Friendships were established, healing took place and memories were made.

It's truly a privilege to observe the transformation people go through on these retreats. Often people arrive feeling very tired and lacking in energy. Over the 5 days, we observed everyone become lighter, energized and motivated to continue their self-care.

We have decided to follow the success of these retreats with some new dates in Autumn this year and early Spring next year. [Watch](#) out for updates and early bird offers on our [site](#) and in forthcoming newsletters.

"An idyllic, beautiful retreat of tranquility, relaxation, delicious vegetarian delights and all over rejuvenation. Nina and Georgie are such a strength of positive energy that I feel inspired to add further yoga into my daily life. The enormous thought and preparation of each day enabled us to feel energized with workshops and activities but also allow the time to relax and let go of busy lives. I arrived with a rest and a break in mind from life's day to day challenges and I returned home clearer and more positive to live life more 'in the moment!'" ~ Pippa

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

Copyright © 2018 The Yoga Garden, All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.

MailChimp