

Classes and Activities – Course Information

Monday Morning Yoga – SPR2020

Category:	Adult (18+ years)
Day(s):	Monday
Date(s):	Course 1: 13 Jan – 24 Feb (exc 3 Feb)
	Course 2: 2 Mar – 20 Apr (exc 6 and 13 Mar)
Time:	11.30am – 12.45pm
Class size:	Up to 15
Student Fees:	£10 per class or £42 per 6 week course
Venue:	Norden Farm Centre for the Arts
Tutor:	Julie Potter

Course outline:

Feeling the need to wind down and relax, have a little bit of time to yourself? Come along and enjoy some yoga and relaxation with Julie. Practice gentle spinal movements to relax and rejuvenate the nervous system, basic yogic breathing techniques and guided meditations.

These classes are suitable for everyone, with or without previous yoga experience.

Aims and objectives:

For the attendees to practice gentle spinal movements in order to relax and rejuvenate the nervous system, practise basic yogic breathing techniques and guided meditations.

Are there any other costs? Is there anything I need to bring?

Please bring a blanket, a yoga/pilates mat, and wear loose comfortable clothing.

Tutor biography:

Julie first came to yoga in 1993 as, what was then, a weekly interlude from an over busy work and family life. By 2000 this had become more of a passion and she was persuaded by her own tutors to train as a teacher. She qualified with the BWY in 2004, and quickly developed into having a teaching week of 15-18 classes. These are made up of leisure centres, private venues, one to ones with specialist needs and at her own studio, Yoga for Harmony in Windsor, which she established in 2006.

With early origins in Iyengar Yoga, Julie has experienced a wide range of teachers and yoga 'styles', but now has her personal interest in functional movement and alignment, interpreted in

the yoga practises. Her yoga today has become an evolution of over 20 years of practice and study, perhaps moving away from 'external' evaluation of the postures and moving towards an 'internal' sense of the postures. It could be seen as moving away from the more used traditional approach of systemised yoga to a more experiential approach. Her main influences are teachers based on the Scaravelli ideas, such as Gary Carter, Peter Blackaby, and Monica Voss, and who remain her tutors today.

To book please contact: Box Office 01628 788997 / www.nordenfarm.org

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