

Classes and Activities – Course Information

**Monday Yoga and Meditation – SPR2018**

**Category:** Adult (18+ years)

**Day(s):** Mondays

**Date(s):**  Mon 8 Jan – 30 Apr (exc 2 and 9 Apr)

**Time:** 11.30am – 12.45pm

**Class size:** Up to 15

**Student Fees:** £7 per session

**Venue:** Norden Farm Centre for the Arts

**Tutor:** Julie Potter

**Course Outline:**

We will practise gentle spinal movements to relax and rejuvenate the nervous system, basic yogic breathing techniques and guided meditations to take us to a state of relaxed wellbeing.

Please bear in mind that yogic breathing and meditation are not easy practises and it you are new to yoga these can seem 'unusual'.

Don't be alarmed or put off if the initial classes seem harder than expected, it is all part of the practise and you will not be the only one as we welcome new practitioners as well as the experienced.

Feel free to email me on julievpotter@googlemail.com for further information if required.

**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:**

I 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 I was persuaded by my own tutors to train as a teacher. I 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 my own studio, Yoga for Harmony in Windsor, which I established in 2006.

With early origins in Iyengar Yoga, I have experienced a wide range of teachers and yoga ‘styles’, but now have my personal interest in functional movement and alignment, interpreted in the yoga practises. My 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. My main influences are teachers based on the Scaravelli ideas, such as Gary Carter, Peter Blackaby, and Monica Voss, and who remain my tutors today.

**To book please contact: Box Office 01628 788997 /** [**www.nordenfarm.org**](http://www.nordenfarm.org/)

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