

Classes and Activities – Course Information

Yoga – SPR2020

Category:	Adult (18+ years)
Day(s):	Fridays
Date(s):	Course 1: 17 Jan – 21 Feb Course 2: 28 Feb – 24 Apr (exc 6 Mar and 10, 17 Apr)
Time:	Intermediate 9.30am – 10.45am Beginners 11am – 12.15pm
Class size:	Up to 15
Student Fees:	£42 per 6 week course (£10 per week drop in price available for 11am beginners' session)
Venue:	Norden Farm Centre for the Arts
Tutor:	Julie Potter

Course Outline:

Intermediate

These classes are intended for all ages and abilities. However, it is suggested that if you have not worked with Julie before that you initially attend the later 'beginners' class. We will practise traditional breathing techniques (pranayamas), general yoga postures (asanas) with some relaxation, but with emphasis on a Scaravelli inspired approach, attention to awareness and some of the more 'subtle' ideas around a yoga practise.

Beginners

These classes are intended for all ages and abilities and levels of experience, but are aimed at the beginner or those returning to yoga having had a break or those coming to yoga with injuries and who need to start more slowly. We will practise traditional breathing techniques (pranayamas), general yoga postures (asanas) with some relaxation, and the practise can be tailored for the needs of those attending.

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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