

# YOGA MORNING

## YOGA AND THE CHAKRAS

The focus of this workshop will be on part of the subtle anatomy of yoga. The session will also include yoga asanas and the particular chakras they stimulate, the relationship between chakras and the endocrine system. We will practice breathing techniques (pranayama), yoga nidra and dharana (concentration techniques with a particular awareness of chakras as well as the mantras associated with each major chakra.

A morning to really deepen practice and incorporate work which often cannot be used in a drop in class situation.

Saturday 18th September 2010. 10.00-13.00

MYCENAE HOUSE  
90 MYCENAE ROAD  
BLACKHEATH  
SE3

Free parking is available on the nearside of Mycenae Rd and on other nearby roads. Parking may be available in the grounds, if the barrier is raised! The cafe sells 1hr or 2 hr tickets if you need extra than 2 hrs parking permit.

The nearest BR station is Westcombe Hill (5 mins). Bus 386 passes the top of Mycenae Rd. Buses 286, 108, 422, 53, 54 all stop at the Blackheath Standard, a 3 minute walk away.

Cost £25. Concessions £18. Deposit of £5 secures a place.

### ALL PLACES NEED TO BE PAID/PART PAID IN ADVANCE.

Yoga mats are provided but please bring your own equipment if you prefer (i.e. mat, blocks, blanket, strap)

Also bring still, bottled water. It is best to avoid drinking if possible during posture practice but beneficial after relaxation

For further information, please see me in class or contact me  
Tel 0208 853 5944, email: bking@bernadette52.freemove.co.uk

If sending by post; 12 Christchurch Way, SE10 9AL.  
CLOSING DATE WEDNESDAY 15th September 2010  
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I would like to attend the yoga morning on Saturday 18th September 2010 & include my payment/deposit

Name.....

Tel.....email.....