

## YOGA WITH LOUISE SIMMONS ~ 17<sup>th</sup> & 18<sup>th</sup> SEPTEMBER 2011

Louise has been teaching yoga since 1990. She came into yoga through the performing arts and travelled widely, studying yoga in India & Nepal and spending time in silent retreat. She trained with the British Wheel of Yoga, the Yoga Biomedical Trust, and Birthlight, before meeting her mentor, Diane Long, in the late 90's. Since then she has been committed to exploring and sharing the way of practising pioneered by the late Vanda Scaravelli. She teaches workshops, classes and 1:1 internationally, with bases in the Findhorn Community, Scotland, and on Orcas Island in the Pacific North-West of the USA.

In our practice and lives, we often swing habitually between a mechanical 'over-doing' and 'collapsing', thinking that we need 'to hold it all together'. When we allow ourselves to soften our external armouring, we come more into the body's language of 'feeling'. We find aliveness and rest in the spaces and discover a fluid strength born from our spine which invites us to be happily at home - with body, mind and breath - in each changing moment. Just as children rarely walk in a straight line, the journey into our asana is a playful, rounded path of discovery which can surprise, delight and refresh at every turn!

**Time:** 10.15am - 4.30pm

**Venue Saturday:** HENLEY-IN-ARDEN SPORTS CENTRE, Stratford Road, Henley-in-Arden, Warks B95 6AB

**Venue Sunday:** WOOTTON WAWEN VILLAGE HALL, Alcester Rd, Wootton Wawen B95 6AY

**Cost:** £38.00 per day or £65 for 2 days

**Lunch:** Please bring packed lunch drinks will be provided.

Suitable for students who have been practising for a minimum of 2 years.

To secure your place please send cheque and booking slip to Gillian Russel, 1 Manor Drive, Morton Bagot, Studley, Warks. B80 7ED. If you require further details you can contact Gillian on 01527 857586, [gilrus3@btinternet.com](mailto:gilrus3@btinternet.com) or [www.yogill.com](http://www.yogill.com) Cheques made payable to **Gillian Russel**

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I wish to attend on:

Sat 17<sup>th</sup> ..... (£38) Sunday 18<sup>th</sup> ..... (£38) Saturday & Sunday..... (£65)

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone number \_\_\_\_\_ mobile \_\_\_\_\_ email \_\_\_\_\_

Please email me if you require a receipt