

Yoga Space

Immerse yourself in yoga; there is a wide offering of classes and styles for you to explore, with our first class beginning at 6:30 and the last ending with the fading light of the day at 20:00



Emma Abhijeeta Saraswati: *Satyananda yoga* incorporates the whole person – it focuses on the spiritual and meditative aspects and promotes the balance between body, mind, emotions and spirit.

Andy Gill: Teaches *Ashtanga yoga*, a dynamic and flowing breath movement practice. Andy teaches in a playful and explorative way with a strong focus on alignment, structure and natural movement

Cecilia Allon: *Gentle hatha yoga*. Incorporating breath awareness, mindful movement and relaxation to invite a feeling of increased well-being and connection with yourself and the world around you.

Emma Owen-Smith: Radiate and Vibrate! Yoga plugs you in... Flowing sequences incorporating pranayama to relax and energise. Meditation and relaxation to dive deep. In shifting times more and more we need to let go of conditioning, become present to what is before us and become resilient and coherent. Beginner friendly and super chilled.

Lesley Parkin: *Scaravelli yoga*. Simple techniques to reawaken the bodies natural relaxation response, the spine's desire to release and lengthen, the breath's love of softening and the mind's delight in visualisation and play.

Lisa Christie: *Somatic hatha*. Mindful intuitive yoga – guided by the body's developmental movement patterns, moving gently and fluidly to create natural openings in body/mind.

Lucy Arnsby-Wilson: Fully inclusive and family friendly total *yoga nidra* sessions suitable for all ages and stages... where all are truly welcome. Snuggle up, settle

down and enjoy being lulled back home to yourself! Bring warm clothing and a blanket is possible

Lulu Milton: *Kundalini yoga and Meditation* (as taught by Yogi Bhajan): An uplifting blend of spiritual and physical practices, incorporating movement, dynamic pranayama, mantra, music and meditation which builds physical vitality, increases consciousness and teaches you the art of relaxation, self-healing and elevation. Suitable for all ages and abilities.

Norman Blair: *Yin yoga*. A slow and soft practice where we hold poses for significant periods of time. This is a contemplative practice that emphasises qualities of acceptance and allowing

Sabina Furyova: *Dru yoga*: Flowing movement, directed breathing and peaceful yet energising visualisations. It works on body, mind and spirit – improving strength and flexibility, creating core stability, building a potent feeling of positivity, deeply relaxing and rejuvenating your whole being. Designed for everyone, beginners welcome.

Sevanti Jo Atwood: *Unity partner yoga*. A deep, restorative, playful and sacred practice of yoga. It can awaken an inner oasis of deep peace, where we relate with another, and with our self, through truth, trust and tenderness. All welcome, alone or with partner.

She Coombes: *Therapeutic yoga*. Inspired by the teachings of Krishnamacharya (Viniyoga tradition). Sessions will be planned around the needs of the group – bring your sore backs, painful knees and tight shoulders with you!

Sonja Shradha Devi: *Sensual yoga*. Sensual movements and gentle Tantric and Yogic Practices for blissful embodiment and full body awakening – open to women and men who would like to awaken their life force and earthy sensual connection.

Tim Blair: *Hatha yoga*. Deepening our consciousness of body, mind and breath with postures that support our connection to the earth, while exploring the flow of Prana through the Ayurvedic system of the nadis.

Uma Dinsmore Tuli: *Total yoga nidra*. Welcome home to the meditative heart of yoga. Literally meaning 'yoga sleep'... Rest, relax, reconnect with your heart's truth. Heart-centred meditation lying down. No movement necessary. Please bring warm socks, hat, sweater and a cover if you can.

Veronique Janssen: *Restorative Yoga*. Yoga asanas of the original book of Panjali are taught. The goal is to embody those postures into your own alignment and movement capacities. Your energy household massages the body from the inside and also the unseen bodies will be included in the cosmic harmony of who you are.

Yoga Schedule – please see Yoga Space information board for any alterations to this program.

Main space

	Wednesday	Thursday	Friday	Saturday	Sunday
06:30–08:00		Andy Gill <i>Ashtanga</i>	Andy Gill <i>Ashtanga</i>	Tim <i>Hatha</i>	Tim <i>Hatha</i>
08:15–09:15		Uma <i>Yoga Nidra</i>	Uma <i>Yoga Nidra</i>	Uma <i>Yoga Nidra</i>	Uma <i>Yoga Nidra</i>
09:30–11:00		Sonja Shradha Devi <i>Sensual Yoga</i>	Sevanti <i>Partner Yoga</i>	Sevanti <i>Partner Yoga</i>	Sevanti <i>Partner Yoga</i>
11:15–12:45		Veronique <i>Restorative Yoga</i>	Cecilia <i>Gentle Hatha</i>	Andy Gill <i>Ashtanga</i>	
13:00–14:00	Emma <i>Beginners</i>	Emma <i>Family</i>	Emma <i>Beginners</i>	Emma <i>Beginners</i>	
14:15–15:45	Veronique <i>Restorative Yoga</i>	Norman <i>Yin Yoga</i>	Norman <i>Yin Yoga</i>	Norman <i>Yin Yoga</i>	
16:00–17:30	Sonja Shradha Devi <i>Sensual Yoga</i>	Sevanti <i>Partner Yoga</i>	Veronique <i>Restorative Yoga</i>	Veronique <i>Restorative Yoga</i>	
17:45–18:45	Lesley Parkin <i>Scaravelli</i>	Lulu Milton <i>Kundalini Yoga</i>	Lulu Milton <i>Kundalini Yoga</i>	Lesley Parkin <i>Scaravelli</i>	
19:00–20:00	Lulu Milton <i>Kundalini Yoga</i>	Open Space <i>Self Practice</i>	Open Space <i>Self Practice</i>	Lulu Milton <i>Kundalini Yoga</i>	

If you have a yoga mat and blanket, please bring them with you.
We kindly ask that you arrive 10 minutes before the class is due to begin.

The Yoga Dome space

06:30–07:30	Sabina Furyova <i>Dru Yoga</i>	Emma Abhijeeta <i>Satyananda</i>	Sabina Furyova <i>Dru Yoga</i>	Emma Abhijeeta <i>Satyananda</i>
07:45–09:00	Lisa Christie <i>Somatic Hatha</i>	Lisa Christie <i>Somatic Hatha</i>	Lisa Christie <i>Somatic Hatha</i>	Sabina Furyova <i>Dru Yoga</i>
09:15–10:45	Tim <i>Men's Yoga</i>	She Coombes <i>Therapeutic Yoga</i>	She Coombes <i>Therapeutic Yoga</i>	She Coombes <i>Therapeutic Yoga</i>
11:00–13:00	Andy Gill <i>Shoulder Workshop</i>	Uma <i>Yoni Shakti (women only)</i>	Sonja Shradha Devi <i>Deepening into Intimacy</i>	
13:15–14:45	Cecilia <i>Gentle Hatha</i>	Lesley Parkin <i>Scaravelli</i>	Lesley Parkin <i>Scaravelli</i>	Amber <i>Quiet Yoga</i>
15:00–17:00	Lucy Arnsby-Wilson <i>Family Nidra</i> 15:00–16:00	Lucy Arnsby-Wilson <i>Family Nidra</i> 15:00–16:00	Sonja Shradha Devi <i>Feminine Tantra (women only)</i>	Uma <i>Celtic Yoga</i>
17:15–18:45	Lisa Christie <i>Somatic Hatha</i>	Emma Abhijeeta <i>Satyananda</i>	Sabina Furyova <i>Dru Yoga</i>	Emma Abhijeeta <i>Satyananda</i>
19:00–20:00	Open Space	Open Space	Open Space	Open Space

Yoga in the Majical Youth Space/ Kid's Area

09:00–09:45 Kids/Family	Please see board for details <i>Kids/Family</i>	Lucy Arnsby-Wilson <i>Family Nidra</i>	Lucy Arnsby-Wilson <i>Family Nidra</i>	Please see board for details <i>Kids/Family</i>
15:00–15:45 Teens	Please see board for details <i>Teens</i>	Andy Gill <i>Handstanding</i>	Please see board for details <i>Teens</i>	

Join together for evening Kirtan in The Beloved's Arms tipi space in the long field