


TERM DATES 2017

SPRING TERM

Monday 9th January - Thursday 31st March

NO CLASSES:

Half-term 13th-17th February

Two half-terms of 5 & 6 weeks

SUMMER TERM

Wednesday 19th April - Friday 30th July

NO CLASSES:

Half-term 29th May - 2nd June

Monday 1st May & 29th May

Thurs 4th May

Two half-terms of 6 & 8 weeks

AUTUMN TERM

Monday 4th September - Friday 17th December

NO CLASSES:

Half-term 23rd - 27th October

Two half-terms of 7 & 7 weeks

CLASS FEES


Classes are primarily offered on a half-termly enrolled basis. New students are invited to pay as they go for four weeks at the enrolled price, after which they may choose to formally enroll or pay a higher single class price.

60 min classes £7 - Enrolled

60 min class £10 - Single class payment

90 min class £7.50 - Enrolled

90 min class £10.50 - Single class payment



GROUP CLASSES

MONDAY

Sylvania Community Hall

EX4 7DR - junction Stoke Hill & Collins Road

Mixed Ability 6-7pm

Improvers 7.15-8.45pm

WEDNESDAY

Whipton Community Hall

EX4 8AD - The old church on Pinhoe Rd

Improvers 7.15-8.45pm

THURSDAY

Trefoil Lodge

EX4 8AD - Girl Guiding Hall, Buddle La

Mixed Ability 7.30-9pm

ATHAYOGA

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athayoga




Realise deeply that the present moment is all you ever have.

-Eckhart Tolle

PROGRAMME 2017

SMALL GROUP CLASSES, COURSES,
EVENTS & WORKSHOPS,
INDIVIDUAL LESSONS &
YOGA THERAPY
IN
EXETER





This approach to Yoga is inspired by the teaching of TKV Desikachar and his students, and is known as Viniyoga.

Group Classes

In a class situation a Viniyoga approach means that there is a good deal of personal coaching and the teaching does not assume that “one size fits all.” Group classes have a maximum of only 10-14 enrolled students. You will be encouraged to explore your physical boundaries, and the relationship that the breath has with the mind and body, but the emphasis of the teaching is the ability to be in the present moment.

Individual Teaching

One of the distinctive features of this tradition is the emphasis on individual teaching. This means that a teacher works with you to design a practice that meets your particular needs, and is suitable for your lifestyle. £40 for 90 min's. £50 for 120 min's.

About the Teacher

I have teaching diplomas from the BWY and cYs, and have run Foundation Courses and In-Service Training days for the BWY and aYs.

THE ART OF YOGA

YOGA FOR BODY, BREATH & BEYOND

If you enjoy a group class then why not try a **Sunday Morning Workshop**.

These events are suitable for anyone with at least a little yoga experience.

The workshops are run at Sylvania Hall (EX4 7DR).

Arrivals are from 9.30am for a 10 am start, we finish at either 1 or 1.30pm. Refreshments are included.

Early Bird Bookings £18/21 (open until the Monday before the workshop), or £23/26.

The floor can be chilly so please bring a thick pair of socks.

Grace Notes

10-1pm

5th Feb £18/£23

In music grace notes are fleeting, optional, and easily missed, but if you can play them they add a special depth and texture to the music. A yoga practice is full of grace notes, but you have to be able to embody the breath and the moment, in order to observe them. This then, will be a gentle, still & subtle practice that makes a space for joy, balance and light to play.

The Art of Practice Planning

10-1.30pm

19th March £21/£26

Have you ever wondered why a class practice really worked, or perhaps why it didn't? Have you ever wanted to practice at home and not known where to start, or how to progress? These workshops, taught in an engaging and interactive way, that will quickly have you planning short practices for yourself. There will be plenty of yoga practice as well as practice planning. These workshops will explain the basic rules that guide viniyoga practice, giving you the means to practice safely, confidently and creatively.

Bounded Body, Endless Breath, Infinite Mind. 10-1pm.

8th October £18/£23

This workshop will focus on Maha Mudra, one of the most important postures in yoga. This challenging pose can make you very aware of the body with all it's boundaries and limitations, but can in an instant open from the inside, giving to a profound experience of space and energy.

Reasons to be Cheerful - 1,2,3

10-1pm

19th November £18/£23

Daurmanasya/depression, is held to be one of the major impediments to a state of yoga, and is characterised by a lack of energy. This will be a practice written in a major key, designed to lift the energy and the spirits, a not very subtle contrast to the shortening days as we move into the dark time of the year.
