

NATS HATHA YOGA WORKSHOPS 2012

TEL: 07742 321 826

EMAIL: natalie@natsyoga.co.uk



SATURDAY 16th JUNE AND 22nd SEPTEMBER 2012

10 AM – 4 PM

**CHURCH LAWFORD VILLAGE HALL
SCHOOL STREET, CHURCH LAWFORD CV23 9EE**

These Workshops will be led by **Natalie Wiltshire** and will focus on Asana (Posture), Pranayama (Breathing), Meditation (Mindfulness), Relaxation and various aspects of relevant Yoga Philosophy. Natalie will explore elements of physiology and anatomy of particular relevance to the Yoga student as well as specific techniques available to us such as Proprioceptive Neuromuscular facilitation (PNF) which can improve our body's ability to stretch. This will involve some partner work.

Natalie is a fully qualified British Wheel of Yoga Diploma Course Teacher and has completed the BWY Level one Meditation Module, Lojong Mind Training and is currently organising and participating on the BWY Level two Meditation Module with Maarten Vermaase. As a Registered General Nurse with Spinal Injuries experience Natalie's approach to teaching emphasises good alignment of the spine and skeletal structure, whilst building both strength and flexibility to support this.

Who should attend? Workshops will be suitable for those interested in all aspects of Yoga with a willingness to adjust the practices to suit themselves and current levels of experience.
What should I bring? You will need to bring a Yoga mat, blocks, straps (some will be available to borrow) and a blanket or large towel. Please bring some lunch and a bottle of water/drinks. Hot drinks and cake will be provided.

The day will cost **£30** and there are a limited number of places. Booking is essential with places offered on a first come first served basis. If you are interested please complete the booking form below and return with cash/cheque made payable to "**Natalie Wiltshire**" indicating clearly which date(s) you want to attend. Unfortunately, unless I am able to fill the space no refunds will be available to those who cancel once booked.

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NAME:

TEL:

Email:

DATE OF WORKSHOP

Disclaimer: Although all care will be taken on the day, I undertake the workshop entirely at my own risk.

SIGN:

DATE: