**NATS HATHA YOGA WORKSHOPS 2017**

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# **SATURDAYS: 10 a.m. to 4 p.m.**

# **6 MAY, 23 SEPTEMBER, AND 11 NOVEMBER**

# **DUNCHURCH VILLAGE HALL**

### RUGBY ROAD, DUNCHURCH CV22 6PN

# 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 may involve some partner work.

## Natalie is a fully qualified British Wheel of Yoga Teacher and has completed the BWY Meditation and Personal Development Modules 1, 2 and continues to study via Module 3 for advanced practitioners with Maarten Vermasse. She has completed the Pranayama Module with Philip Xerri and updates her own skill set via stringent and comprehensive CPD days.

## With a background in Nursing and specialist Spinal Injuries experience, Natalie’s approach to teaching Yoga 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 **£45** 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 pay by BACS to Sort Code: 070116 Account No: 05203358 or return with cash in person or 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: ………………….