

Even in simple asana, one is experiencing the three levels of the quest; the external quest, which brings firmness of body, the internal quest, which brings steadiness of intelligence, and the innermost quest, which brings benevolence of spirit.

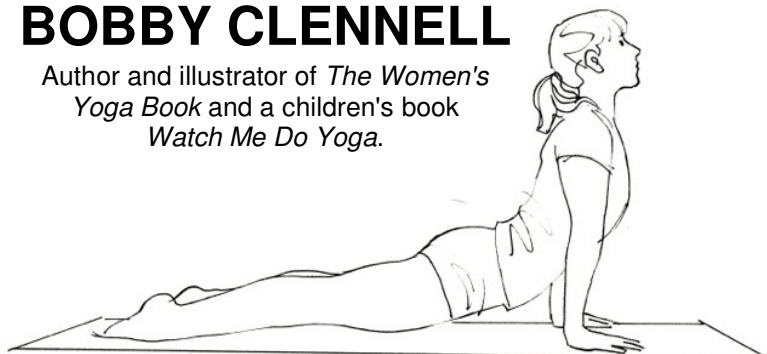
B.K.S. Iyengar.

IYENGAR YOGA WORKSHOP

with

BOBBY CLENNELL

Author and illustrator of *The Women's Yoga Book* and a children's book *Watch Me Do Yoga*.



30th March – 1st April 2012

Through asana, pranayama and yoga philosophy teacher, Bobby Clennell, will take us on an inward journey, introducing the student to the koshas (levels of subjective awareness or sheaths of being). The koshas are a contemplative tool, which helps to deepen your yoga practice. These levels or sheaths must be completely integrated and in harmony with each in order for us to achieve wholeness. We must do asana as a means to develop sensitivity and to understand, and then integrate our body with our breath, with our mind, with our intelligence, with our consciousness and with our core. Learn more at:

www.bobbyclennell.com

Cost of all workshops booked together : £85

Day	Time	Level	Description	Cost	Venue
Friday 30 th March	7pm-9pm	Teachers, trainee teachers, committed students	Pranayama Inversions	£20	Edinburgh Iyengar Yoga Centre 95 Bruntsfield PI Edinburgh, EH10 4DQ
Saturday 31 st March	10am-12:30pm	General	General Standing poses Inversions	£25	Stockbridge House, 2 Cheyne Street Edinburgh, EH4 1JB
	2pm-4pm	General	General twist Back bends Inversions	£20	
Sunday 1 st April	10am-1pm	General	Forward bends Inversions	£30	

Please send this form together with your full payment to:
Yoga Stable, 3A Montgomery Street Lane, Edinburgh EH7 5JT.
For further details email: info@yogastable.com

BOOKING FORM

Name:

Address:..... Post Code:.....

Telephone: Email:

Medical Conditions:

Classes booked: Fri 7pm Sat 10am Sat 2pm Sun 10am

Payment Cash Cheque Full amount: £.....

*****Please make cheques payable to Yoga Stable and write Bobby Clennell Workshops on the back of the cheque*****