

Extended Practice (workshops) 2018



For the first time this year I am going to try and work from an ethos of donation-based workshops. This is to allow those on lower incomes to access courses but please bear in mind that I also invite trust and respect for my years (and cost) of training and the fact that I am still a householder who has a mortgage and bills to pay + a son at university.

As a guideline I suggest a minimum donation of £30 and if you are able to afford the usual fee, then please offer £45 which is still reasonable for a days course.

All extended practice days take place at Brigsteer Village Hall from 10am until 4pm. Please bring a yoga mat, any props you need to be comfortable and lunch. I will provide tea / coffee / herbal tea and there is water and a kitchen at the hall, including a microwave. If you only want to do half a day, please be in touch and we can discuss this.

To book, please email me at: deyna@innerfire.org.uk for a booking form

Saturday 31st March: Magic of Meditation - one day to last a lifetime

Learn the classical meditation technique of Vipassana to reduce stress, anxiety and break the racing thoughts and reaction pattern which governs much of our lives

Sunday 6th May: Slow Flow and Let go

Experiment with movement and release in postures to penetrate connective tissue (fascia) and deep holding manifesting in muscles and mind. We explore and postures to see how our bodies respond and react to each.

Saturday 2nd June: Dru Dance + deep relaxation

In the morning we will learn flowing Dru-style dance to activate the physical and prana bodies and lift heart and mind. Our afternoon will then allow us to enjoy a profound calm and relaxation time. You may also do this as a half day workshop.

Sunday 8th July: Breath, Sound and Singing bowls

Today we will celebrate our breath, our life force and the joy of sound and singing bowls to reduce stress and anxiety. This workshop is also suitable for those in wheelchairs or with other physical challenges

Saturday 4th August: Transformation and Transparency in Koshas (layers of being) and Chakras (energy centres)

Another chance to work with breath and mantra within postures to encourage change and openness of all layers of being and our electromagnetic centres that can become depleted with modern life.

Saturday 1st September: Salutations to self and Self

A day to embrace some fundamental philosophical concepts of Yoga alongside meditative posture and breath work. Do you dare to question who this self is to which we cling so tightly, open to the concept of surrender to a universal Self and let go of the illusion of control?

Sunday 7th October: Magic of Meditation 2

A day to observe your progress and ask for any guidance following 31st March day or another opportunity to learn the ancient meditation technique of vipassana.