


TERM DATES 2018

SPRING TERM

Monday 8th January - Thursday 29th March

NO CLASSES:

Half-term 12th-16th February

Two half-terms of 5 & 6 weeks

SUMMER TERM

Wednesday 16th April - Friday 27th July

NO CLASSES:

Half-term 28th May - 1st June

Monday 7th & 28th May

Two half-terms of 6 & 8 weeks

AUTUMN TERM

Monday 3rd September - Friday 14th December

NO CLASSES:

Half-term 22nd - 26th 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 their first half-term at the enrolled price, after which they may choose to formally enrol 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 1JP- Girl Guiding Hall, Buddle La

Mixed Ability 7.30-9pm

ATHAYOGA

Jane Harris

07775 672 777

E: jane.yogini@gmail.com

W: <https://www.athayoga.org.uk>




athayoga



*Realise deeply that the present moment is all you ever have.
-Eckhart Tolle*

PROGRAMME 2018

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 1pm. Refreshments are included.

Book and pay in advance £18, pay on the day £23

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

Look Lively

4th February

This will be a little something for the legs. We will be looking particularly at flexibility, but it may not be all about forward bends. However, it will involve the breath, particularly the exhalation. Come along prepared to stretch your body, your breath, and perhaps your expectations.

AK is OK

18th March

A chance to explore the most neglected of the breath's pauses - the AK or pause after the inhalation. The inhalation opens the body and obviously raises the energy, and the AK magnifies this effect, so expect some back bends and come ready to wake the energy in celebration of springs official arrival on 20th March.

A Condition of Complete Simplicity

7th October

This workshop will focus on Matsyendrasana - the seated twist, one of the most important postures in yoga. This posture can leave the practitioner with a feeling of profound presence and stillness - and is a good place from which to explore the central theme of Little Gidding, the last of TS Eliot's Four Quartet's.

Me, Myself and I

18th November

It's all about ego. Or is it? This workshop will look at the yogic theory of mind, and as a teaser I will tell you now that it will have you in at least three minds. But what is ego, and what is it's role? Must we always regard it negatively? Plenty of asana and breath work, and some discussion.
