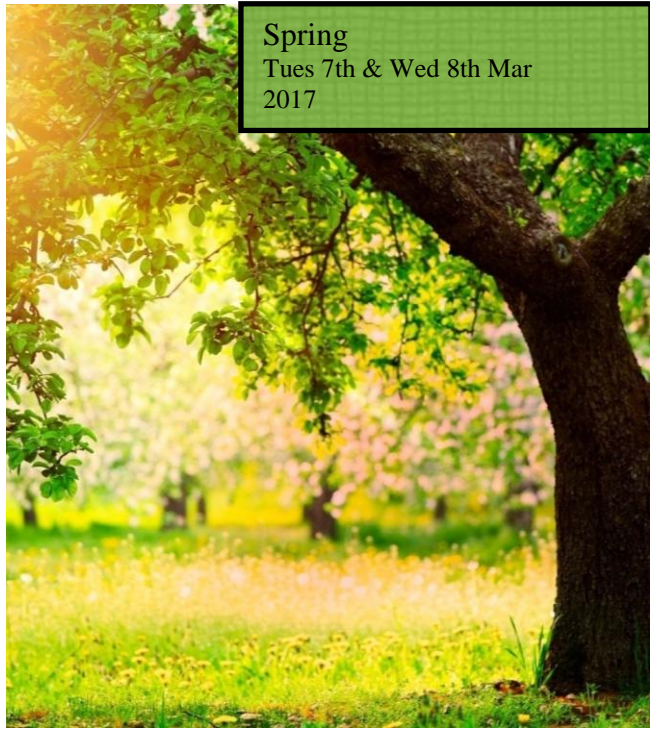
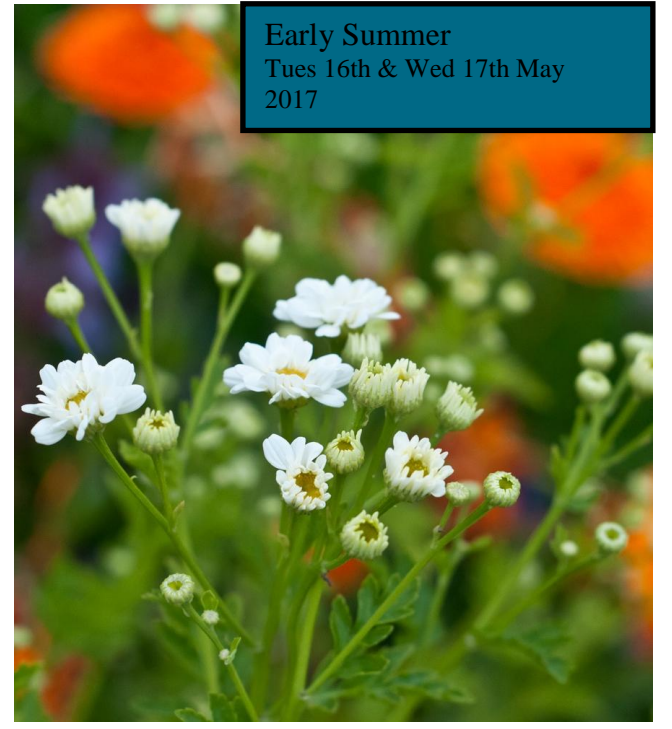




Winter
Tues 17th & Wed 18th Jan
2017



Spring
Tues 7th & Wed 8th Mar
2017



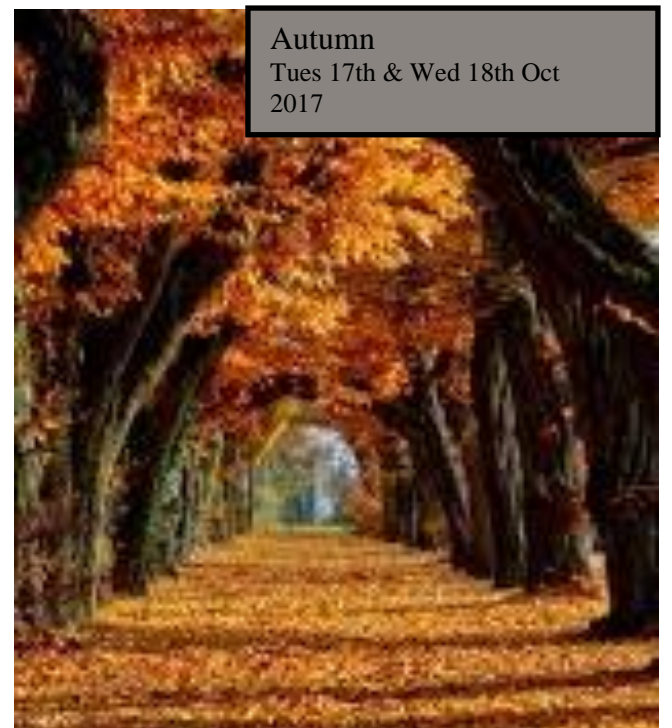
Early Summer
Tues 16th & Wed 17th May
2017



Summer
Tues 27th & Wed 28th June
2017



Late Summer
Tues 12th & Wed 13th Sep
2017



Autumn
Tues 17th & Wed 18th Oct
2017

Seasonal Yoga for Yoga Teachers

Seasonal Yoga flow is a style of dynamic Yoga practice which is designed to align you with the changing energies of nature and the seasons. A practice that improves physical strength and flexibility and brings balance and harmony to your life. The concept was created in 1995 by Julie Hanson and Sue Woodd as an antidote to the stress and anxiety of modern life. It combines Yoga, Tai Chi, Chi Kung and a modern understanding about body movement, Traditional Healing Arts combined with ideas about the changing nature of the seasons around us, and within.

This not to be missed opportunity, in a series of workshops, is an invaluable opportunity explore each season with Sue Woodd.

Each module is held in the relevant season where we consider

- The organs of the season and their meridian lines
- Asana & sequencing which will support wellbeing for these organs
- Energy of the season & the Koshas
- Lifestyle, home, diet & personal exploration of the season
- Associated pranayama, mudra, meditation & energy work



BeYoga, 100a South Road, Waterloo, Liverpool, L22 0ND
Tel 0151 284 0431 (Book by telephone or online on Mindbody)

Investment

£75 per module - Yoga Teachers (6 for the price of 5 if you book as a block £375 instead of £450)

£55 per module -SYTT (6 for the price of 5 if you book as a block £275 instead of £330)

We will cover an introduction on the Tuesday evening & advanced seasonal information on the full day Wednesday.

Yoga Teachers who are not SYTT trained will be required to attend the Tuesday evening 6-9pm & full day Wednesday 9.30-3pm.
SYTT teachers will only be required to attend for full day Wednesday 9.30-3pm