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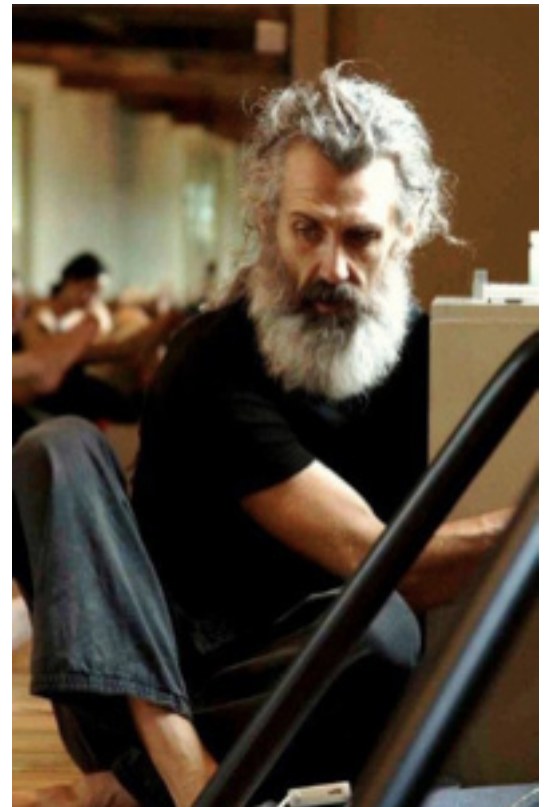
'YOGA AND WHOLE INTELLIGENT BODY'

With Stewart Gilchrist

This workshop explores how the aspirant of hatha yoga and vinyasa can deepen their practice by developing an intelligence throughout the whole human being.

This will be of benefit to all levels of practitioners. Gaining an awareness of a more heuristic asana practice, the workshop will enable a more complete and insightful yogasana experience.

“Asanas are not merely postures but a unified body-set, mind-set, breath-set and sense-set.”
Prashant Iyengar



Stewart's sadhana has involved an extensive education with teachers from around the world. He has studied with Sri K Patthabi Jois (Mysore), Hamish Handry (Ashtanga London), Sri Shreshadree (Mysore), and David Life and Sharon Gannon (Jivamukti). This method combines music, movement, meditation, devotion and spiritual activism.

Saturday, 26th November 2011
2:00pm - 5:00pm Fee: £35

WWW.ALCHEMYTHECENTRE.CO.UK

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