

	monday	tuesday	wednesday	thursday	friday	saturday
morning				10.30 – 11.45am Gentle Yoga Amanda Owen £10/6		9am - 10.15am Vinyasa Flow (Open) Raphan Kebe £10
			10.30am – 12noon Intuitive Yoga Richard George £10/6	12noon – 12.50 Yoga for mental health By invitation	10.30am – 12noon Iyengar Yoga Helen Corcoran £10/6	
lunchtime		12.30 – 2.00pm Hatha Yoga Tony Marcus £10/6		1.00 – 2.15pm Tai Chi Jazmin Velasco £10/6		12noon – 1.15pm Hatha Yoga Tim Nielsen £10
		2.45 – 4.00pm Yoga for Stress Reduction Amanda Owen £10/6	3 – 4.45pm Yin Yoga Norman Blair £10/6			1.30 - 2.45pm Hatha Yoga Tim Nielsen £10
afternoon	5 – 6.15pm Qi Gong Loz Speyer £10/6		5 -6.10pm Astanga Yoga Alex Thomas £10/6			
	6.30 – 7.45pm Dynamic Yoga Dawn Lintern £10	6 – 7.15pm Hatha Flow All Levels Alison Barker £10	6.30 – 7.45pm Dynamic Flow Yoga Open Raphan-laye Kebe £10	6.30 – 7.45pm Iyengar Yoga General Karen Long £10	6.30 – 8pm Yoga: A Mindful Approach Rosalie Dores £10	
evening	8 – 9.30pm Astanga Yoga Dawn Lintern £10	7.30 – 8.45pm Hatha Flow All Levels Alison Barker £10	8.15 – 9.30pm Dynamic Flow Yoga Beg/Int Raphan-laye Kebe £10	8.00 – 9.15pm Iyengar Yoga All levels Helen Corcoran £10		

day events

Moving into Stillness: Yoga and meditation day with **Suddhaka** and **Janet Evans**

Sun 17 Oct 10am - 5pm £50/30

A day of meditative yoga and mindfulness practice, with a focus on working with the breath to make a smooth transition from movement into stillness. Open to beginners as well as those already practising.

Awakening Towards Awareness:

Yin Yoga Day with **Norman Blair**

Sun 7 Nov 10am - 5pm £50/30

A day of yin yoga, pranayama and meditation to deepen our abilities of attention. This can enable a greater experience of presence. Open to all. No previous experience necessary.

Jin Shin Do with **Margot Messenger**

Sun 7 Nov 10am – 5pm. £50/30. 15 places.

Jin Shin Do Bodymind Acupressure Self Help Techniques

This workshop explores the ways in which we can free up the flow of our energy/Chi. The methods derive from Jin Shin Do (Japanese for the way of the compassionate spirit). We will learn hara breathing meditation, the eight silken movement acu-exercises and how to release blocks with self-acupressure. Booking required.

Handstands for Beginners ... and others too with **Amanda Owen**

Sat 27 Nov 3.00 - 4.45pm £20/15

This workshop is for people who have never turned upside down in a handstand but have always wanted to. It is also for those who have been practising their handstands but just can't quite get up or can't quite balance yet. We will learn some appropriate warm up exercises and asanas to help handstands as well as what to do after the handstand practice.

Not only will we look at yogic handstands but we will attempt other yogacrobatic feats. The workshop will be fun and you'll feel great afterwards.

All welcome including those who came to the last handstand workshop.

Booking required for all day and afternoon workshops.

Check booking conditions.

afternoon workshops

Astanga Yoga

with Alex Thomas Wed 5.00 – 6.10pm
with Dawn Lintern Mon 8.00 – 9.30pm

A vigorous, flowing form of yoga which builds stamina, strength and flexibility and uses the breath to develop energy and stability of mind and body. A basic level of fitness is required.

Dynamic Flow (Open/Beg.Int) **Vinyasa Flow** (Open)

Yoga with Raphan Kebe

Wed evenings 6.30 - 7.45pm open, 8.15 – 9.30pm beg/int
Sat Mornings 9am - 10.15 open

After gently awakening and warming the body, the class will progress to the practice of flowing sequences investigating movement, the breath, the mind, the 'elements' and 'Energy' as well as their many directions and possible uses. This class aims to cultivate inner and outer strength and fluidity, vital energy and a relaxed being and open state of mind.
Saturday Class: Please note that the front door will close as class begins so it is imperative that you arrive before 9am.

Dynamic Yoga with Dawn Lintern Mon 6.30 – 7.45pm

A vigorous style of yoga that flows from one posture to the next. Attention is placed on synchronizing movement and breath to develop harmony and balance of mind and body.

Gentle Yoga with Amanda Owen Thurs morning 10.30 – 11.45am

Gentle bodywork with an emphasis on mobilising stiff joints, protecting them from degenerative change, revitalising tissues and relaxing the muscles to promote good health. Appropriate for people aged 17 to 97.

Hatha Flow with Alison Barker Tues 6.00 – 7.15pm & 7.30 – 8.45pm

Soothing and relaxing sequence of hatha yoga poses linking movements with the breath. This flowing sequence brings balance and joy to the body. Suitable for all levels.

Hatha Yoga with Tony Marcus Tues 12.30 - 2.00pm

A deep and careful practice to extend the spine and enjoy the body. Movement is slow and focuses on spinal health, core strength and undo-ing the damage caused by sitting for hours at a time. Influenced by the teachings of Vanda Scaravelli and Anna Ashby

Hatha Yoga with Tim Nielsen

Sat 12noon – 1.15pm & 1.30 - 2.45pm

An ancient form based on classical practices and texts which includes postures, breath training (pranayama), relaxation and meditation. The practice develops qualities of strength, awareness, balance in mind and body and general flexibility.

Intuitive Yoga with Richard George Wed 10.30 - 12noon

An enjoyable and scientific, therapeutic, exploration of yoga, and the body-mind system. Learn to trust your own process and to look inside yourself, to access your own internal guidance to navigate safely and pleasurably through a dynamic sequence of yoga postures.

Iyengar Yoga with Helen Corcoran Fri 10.30am - 12noon

Iyengar Yoga general with Karen Long Thurs 6.30 – 7.45pm

Iyengar Yoga All levels with Helen Corcoran Thurs 8 – 9.15pm.

Iyengar Yoga is a precise and highly regarded form of yoga suitable for everyone. Classes will progressively develop a deeper understanding of the poses.

Qi Gong with Loz Speyer Mon eve 5 – 6.15pm

In Qi gong we practise movements and meditations designed to link in with the pure universal Qi: in this way our energy is cleared, balanced and strengthened and problems are dissolved.

Tai chi with Jazmin Velasco Thurs lunchtime 1 – 2.15pm

Meditation calms the mind and heart to relax the body and allow a focus on the precise execution of the movements of chi kung. This improves health, promotes rejuvenation and strengthens the body. Movements are applied in combat, T'ai chi chuan having originated as a martial art.

Yoga: a Mindful Approach with Rosalie Dores Fri eve 6.30 – 8pm.

A mindful and sensitive approach to yoga, which cultivates awareness of the breath, spine and gravity. Opening, softening and lengthening we listen, deeply awakening the body's innate wisdom.

Yin Yoga with Norman Blair Wed afternoon 3.00 – 4.45pm.

Inspired by gentleness, precision and letting go, sitting postures are held for sustained periods of time. This allows us space to explore potential and refine awareness.

Yoga for Stress Reduction with Amanda Owen Tues 2.45 – 4.00pm

Yoga is a very effective and natural way to reduce stress. We recommend this class for those suffering from general stresses in life, as well as insomnia, anxiety and depression. Relaxing movements with a focus on the breath will help you to alleviate anxiety and generate calm and wellbeing.

Booking arrangements

Full payment is needed for all bookings. Payment can be transferred 72 hours before the start date subject to a £7 administration fee. After this point no transfers will be made. Payments are not refundable.

Discount Card **special offer**

Buy 10 £10classes for £90. Applies to all £10 classes.
Valid for three months.

Information

Please inform the teacher before starting a class if you have any injury or health condition, especially heart problems, diabetes, Meniere's disease, detached retina, Aids, MS, epilepsy, or if you have recently had an operation.

If you are pregnant please enquire about suitable classes.

Wear comfortable clothing that does not restrict movement.

We recommend that you do not eat for 2 hours before a yoga/pilates class.

All classes suitable for complete beginners unless otherwise stated.

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