

	monday	tuesday	wednesday	thursday	friday	saturday
morning		10 - 11.30am Iyengar Yoga (all levels) Fran Nixon £10/6	10 - 11.30am Iyengar Yoga (all levels) Aubrey Maasdorp £10/6	10- 11.15am Gentle Yoga Anna Jones £10/6	10. - 11.30am Iyengar Yoga (all levels) Helen Corcoran £10/6	10 - 11.15am Fun and Flow Vinyasa Shirley Brooks £12
						11.45am - 1pm Vinyasa Krama Mary Smiley £12
lunchtime		12.30 - 2pm Hatha Yoga (all levels) Tony Marcus £10/6	12.45 - 2pm Qi Gong Tom Watson and Richard Thomas £10/6	11.30am - 12.45 Qi Gong Richard Thomas £10/6	12 - 1.15pm Feldenkrais Method Colin Poole £10/6	1.30 - 3.30 Afternoon Workshops in Yoga, Relaxation & Qi Gong See Events Schedule. More events on Sundays.
		2.45 - 4pm Yoga for Stress Relief Anna Jones £10/6	3 - 4.30pm Yin Yoga Amanda Wright £10/6		1.30 - 2.45pm Hatha Flow (all levels) Sian O'Neill £10/6	
afternoon				2.30 - 3.45pm Hatha Yoga (all levels) Tony Marcus £10/6		
	6 - 7.15pm Yin Yoga Sasha Gabbe £10	6 - 7.15pm Hatha Flow (all levels) Alison Purchase £10	6.30 - 8pm Circular Vinyasa Flow Yoga Sherene Banner £10/7	6.00 - 7.15pm Yoga - Slow flow and restore Rita Perakis £10	6.30 - 8pm Scaravelli Inspired Yoga Anna Jones £10	
evening	7.30 - 8.45pm Creative Vinyasa Flow Shirley Brooks £10	7.30 - 8.45pm Hatha Flow (all levels) Alison Purchase £10	8.15 - 9.30pm Gentle Vinyasa Flow Yoga Shirley Brooks £10/7	7.30 - 8.45pm Iyengar Yoga (all levels) Aubrey Maasdorp £10		

workshops

Iyengar Workshops with Aubrey Maasdorp
Sunday 4 May, 4 June, 2 July, 6 August 10am - 12noon £20/15
These workshops offer an opportunity to work more deeply on your practice. You will learn and improve your understanding of the highly regarded Iyengar system of yoga with a highly regarded and popular teacher. All welcome to attend.

Daoist Yoga: Alchemy of Baguazhang
with **Tom Watson** and **Richard Thomas** Sun 21 May 10am - 2pm £35/25
Preparatory sequences and circle-walking designed to improve the strength and structure of the body. We will study movement and stillness based around the central 'axis' of the body, the pole that connects Heaven (yang) and Earth (yin) through us. The practice balances the energies and forces within us by deepening the connection of mind and body. In circle-walking, the more dynamic aspect of the practice, our movements create a spiral-type vortex with powerfully transformative effects.

The Mindfulness Process and the Path of Relaxation
with **Vimokshadaka** Sat 3 Jun, 1 Jul, 5 Aug 1.30 - 3.30pm £20/15
Increase cultivation of mindfulness and relaxation.. Reduce unnecessary effort and deepen mindfulness using reclining meditation and other relaxation methods tailored to suit the needs of the students at the class.

Mindfulness Qigong for Health Recovery (advanced)
with **Vimokshadaka** 20 May, 17 Jun, 15 Jul, 19 Aug 1.30 - 3.30pm £20/15
Mindfulness Qigong, based in Zhineng Qigong Non-diagnostic Health Training, involves a meditative training in active relaxation to reduce unnecessary mental and physical effort. These sessions include intensive Qigong and Qigong healing exercises.

FIRE: An Elemental Qigong Workshop
with **Tom Watson** and **Richard Thomas** Sun 16 July 10am - 2pm £35/25
Fire is associated with heat, the season of summer and the emotion joy. We will explore a variety of static and moving forms incorporating several bird forms, this being the animal most associated with Fire. Working with the Fire Element can bring clarity of mind, aid restful sleep and help us to fully embrace life. Gently paced and suitable for beginners and experienced students

Circular Vinyasa Flow Yoga with **Sherene Banner** Wed 6.30 – 8pm
A Vinyasa Flow style yoga where the circular aspect of the practice is influenced by Tai-Chi. Through the practice we explore postures working with the breath & investigating the 'elements' and 'energy' through this moving meditation

Creative Vinyasa Flow with **Shirley Brooks** Mon 7.30 - 8.45
Suitable for all levels.
Gentle to moderately-paced session that builds up to a fluid flow style. Move through a sequence of postures, interspersed with strength-building holds ending with an indulgent 10-minute guided relaxation and savasana.

Feldenkrais Method with **Colin Poole** Fri 12noon - 1.15pm
Enhances awareness through gentle movements to improve posture, breathing, coordination and flexibility. The method improves performance related skills, supports recovery from injury, and cultivates more harmony in daily activities.

Fun & Flow Vinyasa with Shirley Brooks Sat 10 - 11.15am
An upbeat, smooth flowing practice that includes plenty of stretching and some strengthening and balance poses ending in a luxurious savasana. You're welcome to make the class as gentle or challenging as you like. For all levels including complete beginners.

Gentle Yoga with **Anna Jones** Thurs morning 10 – 11.15am
Guided by the principles of Vanda Scaravelli this class offers a clear, careful and detailed approach with a calm and steady pace. Promoting ease of movement and comfort in the body by mobilising stiff joints, relaxing tight muscles and revitalizing from the inside out. For people aged 17 to 97.

Gentle Vinyasa Flow Yoga with **Shirley Brooks** Wed 8.15 - 9.30pm
Softly flowing yoga that mindfully integrates postures with the breath. Lengthen, strengthen and stretch to relax the body and balance the mind and end with a deeply restful savasana. For all levels of experience.

Hatha Flow with **Alison Purchase** Tues eve 6 – 7.15pm and 7.30 – 8.45pm
Soothing and relaxing sequence of Hatha yoga poses linking movements with the breath and brings balance and joy to the body. All levels.

Hatha Flow with **Sian O'Neill** Fri 1.30 - 2.45pm
Destress and reinvigorate with this Hatha flow practice, which flows mindfully from one pose to the next, incorporating breath awareness, attention to alignment and occasional music. Suitable for all levels.

Hatha Yoga with **Tony Marcus** Tues 12.30 - 2.00pm and Thur 2.30 - 3.45pm
A practice to extend the spine and enjoy the body. Movement is slow and focuses on spinal health, core strength and undoes the damage caused by sitting. Influenced by the teachings of Vanda Scaravelli and Anna Ashby

Iyengar Yoga with **Fran Nixon** Tues 10 - 11.30am
with **Helen Corcoran** Fri 10 - 11.30am
with **Aubrey Maasdorp** Wed 10 -11.30am &
Thurs 7.30 -8.45pm

The highly regarded Iyengar method places special focus on developing strength, endurance and correct body alignment, flexibility and relaxation. Classes emphasise precision and include standing and sitting poses, forward and back bends, supine balances, inversions and relaxation. All levels

Qi Gong with **Richard Thomas** Thurs 11.30am - 12.45
Sequences of postures and movements. Through the regulation of body, breath and mind, qigong practice promotes harmony of the The Three Treasures (essence, vitality and spirit) and a deep sense of calm connectedness.

Qi Gong with **Richard Thomas** and **Tom Watson** Wed 12.45 - 2pm
The practice enhances the flow of qi, our vital energy, calms the mind and energises the body to build strength, stamina, balance and coordination.

Scaravelli Inspired Yoga with **Anna Jones** Fri eve 6.30 – 8pm
A sensitive and intuitive approach to yoga, cultivating awareness of the breath, spine and gravity. Opening, softening and lengthening we listen, deeply awakening the body's innate wisdom.

Vinyasa Krama with **Mary Smiley** Sat 11.45am - 1pm
Krama means a step by step progression. Krama allows the practitioner to either stay at the first posture building strength and creating space or building experience opting to go deeper into more advanced asana making it accessible to everyone. A creative Vinyasa sequence coupled with kramic gradual movements brings fresh light and awareness to your practice.

Yin Yoga with **Amanda Wright** Wed afternoon 3– 4.30pm
with **Sasha Gabbe** Mon evening 6 -7.15pm
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: slow flow and restore with **Rita Perakis** Thur 6 - 7.15pm.
Unwind and de-stress body and mind with a delicious combination of slow-flow hatha yoga and restorative postures.

Yoga for Stress Relief with **Anna Jones** Tues 2.45 – 4.00pm
This gentle, friendly class offers effective, natural ways to relieve stress, anxiety, depression and insomnia. We will explore postures that release physical and mental tension, breathing techniques, and deep relaxation.

North London **Buddhist** Centre

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(nearest tube: Holloway Rd or Highbury & Islington)

020 7700 1177

www.northlondonbuddhistcentre.com

Booking arrangements for day events and courses
Full payment is needed for all bookings. Payments are not refundable. Payment can be transferred 72 hours before the start date subject to a £10 administration fee. After this point no transfers will be made.

Booking is not required for weekly classes.
Just drop in and pay the receptionist on arrival.

All classes are suitable for complete beginners unless otherwise stated.

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, MS, epilepsy, or if you have recently had an operation. If you are pregnant please ask the teacher if his/her class is suitable for you.

Wear comfortable clothing that does not restrict movement. We recommend that you do not eat for 2 hours before a yoga class.

Discount Card special offer

Discount cards available for
£10 classes (10 classes for £90),
for £12 classes (10 classes for £108))
Valid for three months.

information

iyengar/yin/vinyasa/hatha & more

y o g a

qigong feldenkrais



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