

IYN Regional Day of Yoga – Hitchin, Herts – Sat 3 Feb 2018

Schedule

9.30am Arrive and Register

9.45am Opening Ceremony – Ellen Lee

10.00am – 12.00 Morning Session

Room 1	Room 2
Sarah O'Connor	Rachel Williamson
Tibetan Yoga	Yin Yoga
<p>Asana, Mantra and meditations from the Bon Tibetan Lineage teachings. This form of yoga and meditation has a powerful transformative affect. A BWY, Senior Yoga Alliance and Yoga Elder teacher, Sarah runs a 500 Teacher Training School, along with regular workshops, weekly classes and immersion teachings. Sarah has trained with Bridget Woods-Krammer, Philip Xerri, Maarten Vermasse and Tenzin Wangal Rinpoche who is her current teacher.</p>	<p>Yin Yoga consists of sitting and lying postures which are held for several minutes at a time (in this practice 3-5). Muscles are relaxed as we work into the deeper connective tissues of the body, freeing tension physical and mental. Rachel is a recognised IYN 500 hour teacher and studied Yin Yoga at an advanced level with Norman Blair in London. She has been practising yoga for nearly 40 years.</p>

12.00 – 1.15pm Lunch

1.15-2.45pm Afternoon Session 1

Room 1	Room 2	Classroom
Paul Collins	Ellen Lee	TBA
Yoga Nidra	Yoga and mental health	Meditation/satsang
An introduction to iRest Yoga Nidra where we	Ellen has taught Yoga in the mental health	Details to be announced.

<p>will look at the 10 step protocol of the practice, which is used professionally in various settings across the world for the treatment of PTSD . There will be some short practices exploring the 3 fold Sankalpa as well as a full iRest Yoga Nidra meditation practice. Paul teaches the practice in numerous settings including addiction recovery projects, prison and to military veterans as well as victims of abuse and trauma.</p>	<p>environment for 24 years. She will offer a talk about the work and her experiences. There will be plenty of time for questions and discussion</p>	
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2.45- 3.00pm Afternoon tea and loo break

3.00-4.30pm Afternoon Session 2

Room 1	Room 2	Classroom
Sue Hix	Sharòn Cohen	Neelam Taneja
Eye Yoga	Hatha Yoga – Self Love, care and understanding	Jnana Yoga? There are no two ways about it!
<p>This is a wholistic session exploring all possibilities that benefit the health of the eyes and the eyesight performance. It includes some active stretch work, self-</p>	<p>In this session, Sharòn will share a gentle, supportive practice, with physical postures alongside Meditation and Relaxation. The practice will be kind,</p>	<p>Why do we suffer? What is Jnana Yoga? What are the philosophical origins of Jnana Yoga? How does one experience Jnana Yoga? Answers on a</p>

<p>massage, partner head massage, and specific eye techniques.</p>	<p>calming and strengthening - a much-needed balance to fast-paced lifestyle. You will be encouraged to listen to your own body, with honesty, compassion and respect; no forcing or over-striving. Some happy time, to nourish you. Sharòn's teaching style is often referred to as authentic, restorative and Anahata-led.</p>	<p>postcard please or come to the session and find out. We will learn about knowledge, the process of knowing and the knower.</p> <p>Neelam is an accredited teacher of Mindfulness Meditation and Yoga with over 30 years of experience in a range social & workplace settings. As an IYN Yoga Elder, Neelam teaches 'Sanskrit for Yogis' and 'Philosophy of Yoga' to students training to become Yoga teachers. He has the doctorate in philosophy of science and is a Life Fellow of the Royal Society of Medicine.</p>
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4.30-5.30 Closing and Imbolc Ceremony – Ellen Lee and Peter O'Connor