

Scaravelli Inspired Yoga Workshop with Catherine Annis Hatton Park, Warwick

Yoga Teacher: Catherine Annis

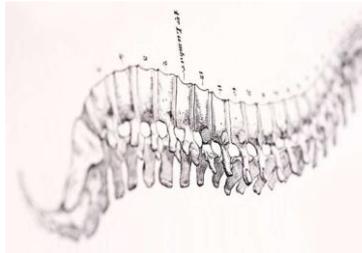
Date: Saturday, 16th November 2019

Time: 1.15 - 4.45

Venue: Hatton Park Village Hall, Barcheston Dr, Hatton Park CV35 7TR

Price: £30.00

Refreshments: Hot & cold drinks provided.



Spinal Integration

Our spine is a spectacular piece of engineering. With 33 interlocking bones, 24 moving vertebrae and 139 synovial joints, it is the initiator and driver of all our movement. It's intimately involved in all our movements, from sitting, to standing, running, walking and breathing.

In yoga, it's at the heart of our practice. It feels good to consciously initiate our movements from our spines and supports us in becoming more integrated and centred. This integration informs and benefits our bodies in all movements, complex and simple, so we begin to move with more ease and grace.

During this practical yoga workshop we'll learn more about:

- * the anatomy of the spine and its relationship to the whole body
- * its role as housing and protector of the central nervous system
- * how the spine initiates and responds to our movements
- * its delicacy, strength and adaptability

Finally, we'll explore the central question: Can we learn to feel our spine, and relate to it as the central organ of all our movement? Can this understanding help us to become more centred and integrated, in all our movements, simple and complex?

Join Catherine to increase your awareness and understanding of the spine, and how it acts at the heart of our yoga practice.

Suitable for students who have been practicing for a minimum of 1 year

Booking: To secure your place please send cheque to Gillian Russel, 1 Manor Drive, Morton Bagot, Studley, Warks. B80 7ED or email gilrus3@btinternet.com for bank details or ring/message Gill on 07973575597 for further information about Catherine view www.catherineannisyoga.co.uk