

Scaravelli Inspired Yoga Workshop with Catherine Annis

Unlocking the power of the VAGUS NERVE

Yoga Teacher: Catherine Annis

Date: Saturday, 9th May 2020

Time: 1.15 - 4.45

Venue: Ullenhall Village Hall, Henley Road, Ullenhall B95 5NW

Price: £30.00

Refreshments: Hot & cold drinks provided.



Have you ever wondered what the Vagus nerve is and why it's so important?

Playing a fundamental role in the parasympathetic nervous system, the so-called "wandering nerve" is responsible for our rest and digest capacities, and when stimulated, produces a calming and soothing force in our bodies

Join us on this yoga workshop to explore how we can stimulate vagal tone to help:

- * harmonise the systems of the body,
 - * lower our blood pressure
 - * lower heart rate
 - * reduce anxiety
 - * reduce inflammation
- * increase our sense of trust, compassion, acceptance, and joy

We'll learn some simple techniques to access the Vagus to help us unwind and let go. And whilst many of us enjoy those sensations of increased openness, we'll also explore how we can balance that relaxation by creating a sense of stability and containment, working to centre and strengthen our physical and emotional selves.

Leave feeling relaxed, resilient, strong and open.

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 www.yogill.com for further information about Catherine view www.catherineannisyoga.co.uk