


TERM DATES 2012

SPRING TERM

Monday 9th January - Friday 30th March
Half-term 13th-17th February
An 11 Week Term

SUMMER TERM

Monday 16th April - 27th July
Half-term 4th-8th June
NO CLASSES:
Mondays 7th & 28th May, & Thurs 19th July
A 14 Week Term

AUTUMN TERM

Monday 3rd September - Friday 14th December
Half-term 29th October - 2nd November
A 14 Week Term

2013

SPRING TERM

Monday 7th January - Friday 28th March
Half-term 18th - 22nd February
An 11 Week Term



GROUP CLASS

MONDAY

Sylvania Community Hall

(see www.sylvaniaball.co.uk for map)

Mixed Ability 6-7pm £6.00

Improvers 7.15-8.45pm £6.50

TUESDAY

Clyst St. George Village Hall

Mixed Ability 10-11.30am £6.00

Matthews Hall (Upstairs)

The Art of Relaxation 6-7pm £6.00

Mixed Ability 7.15-8.45pm £6.50

WEDNESDAY

Clyst St. George Village Hall

Mixed Ability 10-11.30am £6.00

Whipton Community Hall

(The Old Church on Pinhoe Rd)

Improvers 7.15-8.45pm £6.50

THURSDAY

Talaton Village Hall

10.30am-12pm Mixed Ability £6.00

St Andrews District Church Hall

(in St Thomas- on Alpbington Rd nr B&Q)

Mixed Ability 7-8.30pm £6.50

ATHAYOGA

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athayoga




*Realise deeply that the present
moment is all you ever have.*
-Eckhart Tolle

PROGRAMME 2012

SPRING - WINTER

SMALL GROUP CLASSES, COURSES,
EVENTS & WORKSHOPS,
INDIVIDUAL LESSONS &
YOGA THERAPY
IN
EXETER





This approach to Yoga is inspired by the teaching of TKV Desikachar and his students, and is sometimes known as Viniyoga.

Group Classes

In a class situation a Viniyoga approach means that there is a good deal of personal coaching and the teaching does not assume that “one size fits all.”

Group classes have a maximum of only 10-14 enrolled students. You will be encouraged to explore your physical boundaries but the emphasis of the teaching is the ability to be in the present moment.

Individual Teaching

One of the distinctive features of this tradition is the emphasis on individual teaching. This means that a teacher works with you to design a practice that meets your particular needs, and is suitable for your lifestyle.

About the Teacher

Jane has teaching diplomas from the BWY and cYs/aYs. She also runs Foundation Courses and In-Service Training days for the BWY and aYs. Jane is also a Diploma Course Tutor for the BWY.

THE ART OF YOGA

YOGA FOR BODY, BREATH & BEYOND

If you enjoy a group class then why not try a Saturday Morning Workshop, or a short course, you will find a few details about events and courses below. All of these events are designed for ordinary mortals, and although packed with information and practice they are run in an informal and light hearted way.

The workshops are run at Sylvania Hall for a map see (www.sylvaniaball.co.uk) arrivals are from 9.30am for a 10 am start, we finish at 1pm. Refreshments (and chocolate biscuits) are included.

The floor can be very cold so please bring a pair of slippers or very thick socks.

Spring Inspiration

11th February £15

A warming practice that will fill you with energy, and put a spring in your step. This practice will focus on backbends, the inhalation and invigorating pranayamas (breathing practices).

Stepping into Summer

19th May £15

A practice for the legs in which we will find most of the major muscle groups, and perhaps some you had forgotten about. Followed by a relaxing stepped pranayama practice.

Making the Most of Matsyendrasana

29th September £15

This practice could also have been called “Maintaining Your Immune System.” As the winter beckons with all its attendant sneezes and diseases we shall look particularly at ways of stoking up the digestive fire (agni), important to a strong immune system. We shall therefore be focused on twists, and some cleansing pranayamas (breathing practices).

A Winters Tale

10th November £15

As the dormancy of winter approaches this practice will focus on the exhalation and the BK (pause after exhalation) to create a sense of lightness in the body, and space in the mind. This practice will primarily focus on twists and forward bends.
