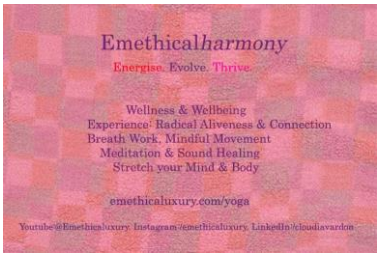

Yoga Wellbeing & Creativity Workshop - With Cloudia Vardon

BA, MA. Ethical Fashion. Sattwa Yoga teacher. RYS Yoga Alliance 500Hr TTC.

22nd October 10.30am to 4.30pm – Giving £40

We will have a fun & playful time using Yogic wellbeing practices in relationship to creativity. Working with the brains neuroplasticity, doing Restorative Yoga, sketch booking, mind mapping, and create Inspiration Boards to support the different areas in our lives for achieving outcomes. Please bring 3 old magazines for cutting up and sharing, a sketch book, a pair of scissors, colouring felt pens, favourite pencils.

Puja Ritual: Sacred rituals assist us, refining our consciousness, feeding into our existence, the universe responds, we come out of repeated knowing, placing us in receptivity that nature wants to organise for us.

Restorative Himalayan Kundalini, Sattva Yoga. Strengthening the Aura –Building Light Within & Without. Focus on the subtle body with Pranayama and Kriya set. Clearing restless thoughts, bring clarity and concentration, release toxins, activating glands for promoting chemical balances.

Lunch 13.00 to 1400pm – a short tea breaks in the afternoon.
Then the Physical Yoga Asana is a Tantra, we will do Yin Restorative Style, this is a slow, deep practice with postures held up to 5 minutes. We will do some seated, and standing, no need for a Yoga Matt, just comfortable loose or stretchy clothing, a smile and your lunch.

Love Cloudia. www.emethicaluxury.com