



“The body holds the mind just as the mind contains the body. In deep quietude the mind can free the body of its holding, just as in deep grounding and surrender the body can unlock the deepest secrets of the mind” Stephen Levine

During the day we shrink from lack of breathing, lack of time, lack of attention, lack of kindness. The grip of our muscles, grip around our breath, grip around our life stories is held by the habitual tendency of our mind to be elsewhere, to have things otherwise, to strive for what we don't have. Immersed in the sea of constant "doing" we miss just resting in the state of simple being, time in which we allow all the "doing" to stop. Using the tools of restorative yoga, gentle yoga movements, breath work, yoga massage and mindfulness we are able to reverse this process, to unwind the grip of our everyday life and learn how to enter a deep yet attentive state of relaxation. By consciously coming back to this state of deep ease, we can establish a familiar feeling tone that we can return to over and over again. When we allow the body and mind to come to rest in the moment, no matter what is "on" our mind or how our body feels, we can tune in to the basic experience of living and simply allow ourselves to be in the moment with things exactly as they are, without trying to change anything...and then everything changes...

Our practice will include:

- ~ Restorative Yoga
- ~ Breath work
- ~ Yoga Massage
- ~ Tibetan Bowl Massage

In - person workshop

Cost : £35 per workshop (or £90 for 3)

Time: Friday 7pm - 9:30pm

For the next dates please check the news

Location: Loudwater Farm, Loudwater Lane, Rickmansworth WD3 4HG

Booking: <https://bookwhen.com/yogatreeworkshops>

Online workshop

Cost: £12 (or free within monthly pass)

Time: Friday 7:30pm - 9:30pm

For the next dates please check the news

Location: Zoom

Booking: <https://bookwhen.com/yogaretreats>