

## Hatha Yoga Intensives – 2010

All classes are held at the Space, 4 Upper High Street (above Green's Furnishings), Thame at 11.45 – 13.45, price £12, usually on the last Saturday of the month. All equipment is available at the centre, although you may wish to bring a blanket for relaxation. **Booking essential.**

The classes include a strong Hatha Yoga practice (with a mixture of levels to suit all abilities) with some exploration of yoga philosophy, pranayama (breath work), deep relaxation and guided meditation. All classes provide a rounded practice, encouraging total-body flexibility, strength and endurance, although most will have a focus on a specific area of the body (see below). Most classes include an element of partner work, although you don't need to bring a partner with you!



### January 30

- **Theme:** This class will have a detox / cleansing focus, including a short discussion on a yogic diet that embraces the principles of purity, non-greed and non-harming.
- **Hatha Yoga:** We will explore classic Hatha Yoga cleansing practices, with an emphasis on twists.
- **Meditation:** The class includes a cleansing, candle-gazing meditation (**candles will be provided**).

### February 27

- **Theme:** An exploration of the heart chakra and relationship to compassion and courage.
- **Hatha Yoga:** Includes a variety of back-bending poses to gently open the heart chakra.
- **Meditation:** This class includes a loving-kindness meditation, originally from the Buddhist tradition.

### March 27

- **Theme:** Embracing change in relation to the sacral chakra.
- **Hatha Yoga:** This class includes a deep hip-opening section.
- **Meditation:** The meditation will focus on changing your attitudes to what you perceive to be your 'problem' body areas.

### April 24

- **Theme:** Finding balance – in body, mind and life.
- **Hatha Yoga:** This class includes a variety of leg and arm balances.
- **Meditation:** Meditate on rebalancing your psyche between opposing yin/yang energies.

### May 29

- **Theme:** Karma and how to work diligently without excessive attachment to the outcome of your work.
- **Hatha Yoga:** An emphasis on the legs, in particular working on opening hips and hamstrings.
- **Meditation:** Egolessness and letting go of the 'monkey' mind.

## June 26

- **Theme:** Appreciating human interconnectedness and interdependence.
- **Hatha Yoga:** This is a well-rounded session including some challenging options.
- **Meditation:** The meditation section will help you to bring a sense of gratitude to the vast network of everyday resources you might otherwise take for granted.

## July 31

- **Theme:** Developing a moving meditation by linking breath and postures together.
- **Hatha Yoga:** This is an energetic vinyasa flow class with emphasis on hip and shoulder opening and breakouts for partner work.
- **Meditation:** Relax and listen to traditional Indian stories about some of the characters that inspired the names of postures.

**August** – Summer yoga retreat holiday, TBA. (See [www.freespirituk.com](http://www.freespirituk.com) for inspiration)

## September 25

- **Theme:** Using yoga as an aid to healing both the body and the mind. Recognising and combating the effects of stress.
- **Hatha Yoga:** This is a well-rounded practice including some challenging partner-backbend options.
- **Meditation:** The guided meditation will help to promote self-healing.

## October 30

- **Theme:** Dedicating the energy from your practice to those in need.
- **Hatha Yoga:** This is a well-rounded practice with an emphasis on hip opening.
- **Meditation:** A candle meditation to send and receive blessings (**candles will be provided**).

## November 27

- **Theme:** Recognise that you are not your thoughts – you are something much greater.
- **Hatha Yoga:** This practice includes a lovely and unusual sequence 'salute to the crescent moon'.
- **Meditation:** Learn to observe your thought patterns: encourage the helpful ones and replace the unhelpful ones.

## December 18

- **Theme:** Release physical and emotional energy-blocks, relax and unwind.
  - **Hatha Yoga:** A well-rounded session with an emphasis on meditative practices.
- Meditation:** A guided meditation to help re-balance the chakras.

--- Classes may be subject to change without notice ---

**Please contact Sasha for booking:**  
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