

# Coniston 2018

# 11 – 16 March

# Yoga and Walking Holiday

	Yoga or Meditation 7-8am	Talks 9.15-10am	Yoga and Workshops 10.30 – 12.00 Monday & Wed 10 -12.00 Tuesday & Thursday	Walks a) 12.30-4.00pm b) 12.30-6.00pm	Yoga and Workshops 4.30 – 6.00pm		Workshops 8.30pm
SUN	Arrivals after 2.30pm      Tea 4pm in the FOYER      5.00-6.30 Refresh and Recharge - Zoe – Barn 5.00-6.30 Amble with Martin – Meet in Foyer						Introductions
MON	1. Yoga – Cheryl 2. Meditation - JD	Zoe – Strength as the foundation of our practice	1. Zoe – Strength in asana 2. Shakti – JFS & AYT Vinyasa	a) Mike b) Martin	1. Zoe – Supine hip and hamstring stretch 2. Len – Tzaie & other spiritual chants	Dinner 7pm	1. Len – Chants from around the World 2. Anna – Laughter yoga
TUE	1. Yoga – Cheryl 2. Meditation - JD	1. Zoe – General posture workshop 2. Hilary – Gentle yoga, Relaxation with Singing Bowls & Gong Sound Bath		a) Mike b) Martin	1. Len – Singing for all 2. Shakti – AYT Vinyasas		Musical Evening
WED	1. Yoga – Cheryl 2. Meditation - JD	Philip – Pranayama in perspective - the 5 phases of developmental practice	1. Philip – Pranayama, the quiet side 2. Steve – Balance in yoga and life	a) NT Warden - Walk b) Martin	1. Philip – Pranayama, the healing dimension 2. JD – Yoga & Yoga Nidra		1. Philip – My life in yoga 2. Shakti – Hand Therapy**
THUR	1. Yoga – Cheryl 2. Meditation - JD	1. Philip – Pranayama, the 5 phases of practice 2. Shakti – Optimising mobility and strength		a) Mike b) Martin	Philip – Pranayama, the wild side		Yogis have talent & Celebrations
FRI	Yoga – Cheryl	Farewells and depart rooms by 10am					