

# A Fresh Look at Yoga Class Asana

## Part 2 with Zoe Knott

9.30am – 12.30pm  
Saturday 20<sup>th</sup> March 2021  
Online – via Zoom

The workshop will explore moves that are utterly familiar to everyone but will give a new slant, focusing on *using strength to protect the joints* and allowing us and our students to be even safer in poses.

It is open to everyone, you do not need to have completed Part 1.

### Tutor: Zoe Knott

Zoe is a Diploma Course Tutor (DCT) for the British Wheel of Yoga and their DCT training officer. She has over 30 years of yoga practice with many different teachers from a variety of traditions which has resulted in an eclectic style of teaching influenced by all those she has worked with. Her fundamental approach is to build strength as the cornerstone of practice and from there all poses become possible. Asanas are broken down, analysed and muscles that need to be strong or flexible are built up as components of the postures.



### Enquiries and Booking

Please contact Jayadhara (Jane Cluley) to secure your place, email your name and mobile number with payment of £25 by BACS to:  
J Cluley, Sort code 09-01-27 account 38203361 (Santander business a/c).

Confirmation and Zoom link will be sent by e-mail.

janecluley@gmail.com    yogandshiatsu.org.uk

Tel: 07906 652669

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