

# A Fresh Look at Yoga Class Asana

## Part 1 with Zoe Knott

9.30am – 12.30pm

Saturday 17<sup>th</sup> October 2020

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.

Zoom Link will be sent to you by 16<sup>th</sup> October – it's very simple to join.

### 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, send Name, Address, Telephone with a cheque for £25 or email and payment by BACS to J Cluley Sort Code 09-01-27 account 38203361

Confirmation will be sent by e mail, unless an SAE is enclosed  
Please bring a contribution to a shared vegetarian lunch, a mug for personal use, drinks will be provided.

Moonrise, Low St, Husthwaite, York YO61 4QA  
Tel: 07906 652669 e-mail: janecluley@tiscali.co.uk

[www.yogandshiatsu.org.uk](http://www.yogandshiatsu.org.uk)

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