



## The Journey towards Handstand

**Zoe Knott**

**10am - 4pm**

**Saturday 19<sup>th</sup> October 2019**

Stockton-on-the Forest Village Hall  
Sandy Lane, York YO32 9UR

Adho Mukha Vrksasana is a posture that all can work towards. **THERE ARE STAGES FOR EVERYONE.**

The asana will be approached using moves from mixed ability classes and include ideas from a teaching perspective. There will be specific techniques to strengthen the supporting muscles and the posture will be broken down and considered stage by stage. Everyone will find a stage to work with and be given a path on which to progress. The day is very much about the '**Journey**' towards this asana.

### **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**

For further information, please contact Jayadhara (Jane Cluley).  
To secure your place, send Name, Address, Telephone with a cheque for £40 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, drinks will be provided.

Moonrise, Low St, Husthwaite, York YO61 4QA  
Tel: 07906 652669 e-mail: [janecluley@tiscali.co.uk](mailto:janecluley@tiscali.co.uk) [www.yogandshiatsu.org.uk](http://www.yogandshiatsu.org.uk)



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