

Astanga Yoga Workshop • **OXFORD** • SAT-SUN **18-19** FEBRUARY

# SCOTT JOHNSON

**SAT: St Mary & St John Church Hall, 271 Cowley Rd, OX4 2AJ.**

**Sunday: St.Margaret's Institute, Polstead Rd, OX2 6TN**



**Scott** has been practising yoga since 1999 and has taught Astanga Yoga since 2003. He was an early graduate of the John Scott teacher training programme. He co-founded Stillpoint Yoga London (SYL), an Astanga Yoga Mysore studio in central London which running Monday-Friday 6.30 to 10 a.m. where he is the principal teacher. SYL has assisted many people in waking up to the self-practice Mysore-style method of Astanga Yoga, and nurtures a very close and inspiring community. Scott facilitates workshops and trainings with John Scott and other leading teachers. He is also a senior teacher with the Yoga Alliance UK, one of the main UK associations. He has developed his work as a Mindfulness Yoga teacher/trainer through in-depth training at the Clear Mind Institute, which is nurturing this path. A yoga workshop with Scott Johnson is insightful, kind-hearted, and gets to the heart of why we practise yoga. This will be Scott's third workshop in Oxford. For full details of the classes he will teach see below /next page. For a fascinating clip about Scott Johnson, Stillpoint Yoga London and Krishnamacharya click on [www.youtube.com/watch?v=Ic3VAyOFxaA](http://www.youtube.com/watch?v=Ic3VAyOFxaA)

**SATURDAY 11-1 & 2-4** ☯ **SUNDAY 10-12 & 1-3**

**COST: £25 per session / £95 all 4 sessions. ~~Earlybird discount £22 / £80 if booked by 7 January~~**

**Full-time students/UB40/over 65s** qualify for £3 discount per class: put category on booking form.

**Cancellations:** if made more than 14 days before the workshop starts 10% will be forfeited; 7-14 days before 50%; less than 7 days before workshop start 90% is forfeited. If someone takes your place, **and** you inform us beforehand, only 10% is forfeited.

Bring a light lunch each day when tea/coffee and biscuits will be provided. Yoga mats, bags, CDs, DVDs & books on sale. **SAT:** scarce 2 hour street parking *or* use carpark behind Tesco. **SUN:** free parking 50 yds away in Chalfont Rd.

Please enclose a stamped addressed envelope to receive any acknowledgement and send your booking form with a cheque (ask [oxfordyoga@gmail.com](mailto:oxfordyoga@gmail.com) if you wish to make a bank transfer) to Ian Macdonald, **14 Chalfont Rd, OXFORD OX2 6TH.** ☎ 01865-421234 · [www.oxfordyoga.co.uk](http://www.oxfordyoga.co.uk)

Name(s)..... ☎ ..... E-mail .....

Address ..... Post Code.....

I/we wish to attend the following classes (please ✓ appropriate box) on: SATURDAY A.M.  SAT P.M.

SUNDAY A.M.  SUN P.M.  and enclose a **cheque** for £....., payable to *Ian Macdonald*, with a

**STAMPED ADDRESSED ENVELOPE (SAE)** for a Receipt  Map  **Scott Johnson, 18-19 Feb'17 17 Jan**

**SATURDAY** 11 am – 1 pm

### **Following The Path Of The Breath - A Primary Series Practice**

Starting the workshop we will see that the Astanga Yoga practice is fully expressed through the breath's relationship with the body. Through the lens of a full counted vinyasa led primary series, we will look at the patterning and structure of how asanas evolve as the body flows through direction and structure. We will notice that we are moulding our postures to our breathing pattern, refining the moving/sensory experience from that awareness.

2- 4 pm

### **Folding Forward and Opening Out - Seated Postures**

We will look at the postures of the Primary Series in a developmental way and as a process of evolution. We will see how focusing the practice through strength and letting go, via breath and bandha awareness, leads us towards uncovering space in the body to move deeper into the postures of the primary series.

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**SUNDAY** 10 am - Noon

### **Blending The Series - A Primary and Half Intermediate Series Practice**

Continuing from yesterday, we will work with the breath and it's continued relationship with the process of the body. We will see how as we move through the practice and asanas become more challenging we are able to draw on the deeper subtle aspects of breath. This helps us move through fears/habitual patterns and we are able to meet struggle with an open mind. Our class will cover Primary and some Intermediate series postures flowing through the counted vinyasa method.

1 – 3 pm

### **Waking Up to Life**

Why do we practise? This question governs the more important one of '**how** do we practise?'. In this last class of the workshop we will deepen into Astanga Yoga, breathing and mindfulness techniques to see how yoga actually presents to us the ability to wake us up, and develop an awareness to continually underpin yoga practice as our default viewpoint. This enhances and liberates the way we truly see our world. We will return to the primary series practice again with more inquiring minds, unveiling the patterns of our own practice through technique, discussion and relationship. We will look at the particular types of posture and movements within the primary series and see how we each individually meet them. We will use mindfulness techniques to connect ourselves to our practices which then prepares us for leaving the workshop and re-engaging with the beauty of our lives outside the yoga class.