



Astanga Vinyasa Yoga Workshop

LUCY CRAWFORD in **OXFORD**

15-17 MARCH 2019

Lucy Crawford was authorised to teach by Shri K Pattabhi Jois in the mid 90s after studying in Mysore. She qualified as a Cranial-sacral Therapist in 2004 under Franklin Stills at the Karuna Institute in Devon. Moving to New Zealand with John Scott in 2006 she set up the Stillpoint Yoga Retreat Centre - ran it for 5 years before returning to the UK in 2011 to re-establish a Yoga Practice Space in Cornwall. This will be Lucy's third solo workshop in Oxford. Details of her courses and workshops can be found at:- www.lucycrawfordyoga.co.uk



The Astanga Practice is based on a system involving simultaneous moving and breathing. Asana is practised, filling its shape with breath, whilst supported by internal bandhas alongside specific gazing places which helps to steady the body and mind. My teaching approach is **hands on** and gives value to the somatic education of the body through physical contact and adjustment. The hands both give and receive information. Asana adjustments educate the body's alignment to somatically understand the pose. Each Asana is like a bead – we first meet its structure, its outer shell, and then spend years, or a lifetime, deepening our relationship with it.

I will focus on correct alignment, assisting the free flow of Prana through the Nadi network of the body. The Count to help focus the mind inwards, I will use imagery to help align the physical body, opening each asana like a flower. Drishti, the internal gaze, ties everything together and roots us to the breath. The breath itself is the *prana* that feeds the whole experience and brings space into both body and mind,

FRIDAY 6.30 - 8.30pm

Talk through Half Primary Series - a focus on standing asana - finding our feet and standing our ground.

SATURDAY 11 – 1

Following on from Friday evening, a talk through Primary Series and focus on the one side/ /other side seated asana.

SATURDAY 2-4pm

An exploration into our connection to ground through the foundation of the pelvis and its more direct relationship to the spine.

A focus on forward bending safely with elevation and gaining a clearer relationship with the spine and ribcage through experiential breath work.

An exploration:- seeking maximum space in the spine by supporting its natural curves. The role of our shoulders in assisting the movements of the spine.

SUNDAY 10-12

Following on from Saturday afternoon - a talk through Primary Series - with a focus on the double-sided asana. Balancing the bones.

SUNDAY 1-3

The hips and pelvis, moving in circles - an exploration of our hip joints, how they move and the muscles that move them. Feeling the connection of the hips to the spine (via the pelvis) and our capacity to access space in the pelvic bowl

Lucy's distinctive style of teaching has evolved from her direct experience with Shri K Pattabhi Jois and from working with John Scott for 20 years. Her main focus is the physical and functional aspect of yoga asana. She's continually developing her own unique adjustments, based on her knowledge of anatomy in the sphere of yoga, and has devised supportive stretches specific to each asana, which all help in the intelligent opening of the body. Lucy has a background in aromatherapy, massage and bodywork, including her study of Chavutti Thirimal (Indian foot pressure massage), and for the past 15 years as a craniosacral therapist. She teaches with a practical, sensitive, hands-on approach. Time will be spent, in a small group environment, exploring your practice under Lucy's guidance and focusing on the more challenging areas of your practice with an attentive and informative approach to the new possibilities available to you through support, and alignment on the CSF (cerebrospinal fluid) tide and its flow in the body as a direct relationship to midline and sushumna, helping to restore and rejuvenate.

VENUE: MORTIMER HALL, OXFORD OX3 0PH (aka Old Marston Village Hall) next to a tiny public library, 50 yds off Marston Ferry Rd, half way between Headington and Summertown, 1¼ miles from city centre. Ample free parking. A selection of yoga books, mats, mat bags, blocks, DVDs & CDs will be on sale. Bring a lunch snack as there are no shops close by. Free hot drinks and biscuits

COST: All 5 sessions £160, 1-4 classes @£35. *Earlybirds* paying by 23rd February: all 5 sessions £145, 1-4 classes @£32. Full-time students/OAPs 65+/Benefit Claimants get £2 off per class. As classes are limited to 20 priority will be given to those able to attend all weekend.

Cancellations: if made more than 14 days before start of the workshop 10% will be forfeited; if made 7-14 days before workshop 50% will be forfeited. Cancellations made less than 7 days before the start of a workshop are *not* refundable unless a substitute is found, by you or us, in which case you will receive a 90% refund.

BOOKING: Complete form and send to **Ian Macdonald, 14 CHALFONT RD, OXFORD OX2 6TH** with a cheque + SAE if you want a reply, or pay in to **HSBC** Bank a/c no.42068923 / *J Macdonald*, sort code **40-11-00** then email oxfordyoga@gmail.com ☎ 01865-421234 · www.oxfordyoga.co.uk



NAME(S)..... E-MAILTel.
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ADDRESS.....
POSTCODE.....

I/we wish to do the following classes: Fri pm Sat am Sat pm Sun am Sun pm

and enclose a SAE + cheque for £..... payable to *I.Macdonald* **Lucy Crawford, Oxford,**
Mar'19 31 Jan