

# Yoga Workshop

## From Distraction to Awareness

Saturday 2<sup>nd</sup> December 2017 from 10.00 – 4.30



**With Janet Evans and Geoff Farrer**

**At The Goose Green Clinic, 57-59 East Dulwich Road, London SE22 9AP**

**The Programme** will focus on transforming the mind from distraction to attention.

**Kriya Yoga** is **taking action** to instigate change through the use of *asana* (body postures) and *pranayama* (breathing techniques) as is right for each of us. It is also **self-observation** examining diet, lifestyle and other aspects to find out what is helpful or unhelpful. And finally it is our **attitude towards ourselves**, and the importance of cultivating acceptance, which enables us to move forwards more positively.

**The Teachers Janet Evans and Geoff Farrer** have been studying and practising yoga since the 1980s. They are trained in the Viniyoga approach completing Paul Harvey's four-year training course and also further post graduate training courses. They are members of the AYS and BWY. Geoff is also with the TSYP. They have wide experience of teaching all levels of ability as well as specialist classes including pregnancy, children, special needs and the elderly.

They run regular workshops and retreats in the UK and abroad and teach groups and 1:1 classes.

**Cost: £50** to include handouts and light refreshments.

For further details please contact Janet: [jevans238@hotmail.co.uk](mailto:jevans238@hotmail.co.uk)/[www.yogajanam.com](http://www.yogajanam.com)

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