

Yoga & The Mind



A yoga workshop with Janet Evans & Geoff Farrer

Sunday 3 November 10am – 4.30pm

**The Goose Green Clinic, 57 East Dulwich Road, London
SE22 9AP.**

In this workshop we shall explore:

Ancient ideas from *The Yoga Sutras of Patanjali* relating to *Mind*

- The **aim of yoga**: the ability to direct the mind and maintain focus (*citta vrtti nirodha*)
- The **activities** of the mind according to Patanjali,
- Certain **qualities** in nature and ourselves that affect us.
- **Attitudes** that can help us on our yoga journey.

There will be plenty of yoga practice, discussion and presentation to help put into practice ancient techniques for happiness and wellbeing

Cost: £50 including refreshments and handouts.

For further info or book a place please contact Janet or Geoff:

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