



AUROLABYOGA *newsletter*

‘Experiential Yoga and conscious living’

5 February 2018

www.aurolabyoga.net - www.thelisteningbody.com

‘It is not so much to be able to hold the form but to hold the state of consciousness that the form reveals’



Friends in Yoga,

A warm welcome to our first News Letter of the year!

2017 was a powerful year for us here at The Green House and saw the birth of our first Yoga Post Graduate Awareness Course, Trauma Awareness Courses run by Tanya and further collaborations in this country and abroad.

Tanya and I carry on teaching Yoga classes for asylum seeker/refugee / ACC users women and men. These classes are supported by the African Community Center and the Natural Health Service in Swansea.

We have improved our accommodation facilities with a beautiful new self contained bedroom and en-suite wet room to offer personalised retreats to one, two or three people / couples for up to three days. These retreats need to be arranged with us and might contain a combination of any of the following therapies and transpersonal modalities:

A rich spectrum of Yogic practices (Nidra, Pranayama, Asana, Remedial, Sacred Sound)

Craniosacral Therapy

Somatic Experiencing

Shamanic Counselling

To discuss a customised retreat please get in touch.

Our pedagogic intention is for you to increase your vital power, to set up flexible and adaptable boundaries, to feel grounded in your experience without shame or judgement, to become who you are with a sense of agency and independence and to open up to a full, vibrant and connected life.

2018 Schedule Overview

February

10-11 Trauma Awareness Part I book with
tanya.syed@btinternet.com

March

3 Mandala Workshop I At Urban Zen, Swansea 11.30am-2.30pm.
Please book on-line with Urban Zen
17-18 Two Yoga Days in Swindon book with:
jennie.mac@virginmedia.com
24-25 Trauma Awareness Part II tanya.syed@btinternet.com

April

7 Mandala Workshop II At Urban Zen, Swansea 11.30am-2.30pm.
Please book on-line
14 Yoga Day 10-4 in BS2 73UE near Cheddar book with BWY
representative: jo.webb@mbzonline.net
21 IYN Yoga Conference 'The Future of Yoga' Wolverhampton
10am-6pm visit: www.iynyogadays.org

May

12 Yoga Day at The Green House 9.30-4
19 Mandala Workshop III At Urban Zen, Swansea 11.30am-2.30pm.
Please book on-line with Urban Zen

June

8-30 Teaching Tour in British Columbia, Canada details on
website

August

3-10 Post Graduate Awareness Course part I details on website

September

21-23 Santosha silent retreat at The Green House.

October

19-21 Teacher Study Group with Mira Heikkilä, France

December / January 2019

28-6 India Yoga Intensive details on website soon!

February / March 2019

22-1 Post Grad Awareness Course part II



Weekly Classes at The Green House

Wednesdays 9.45am
Thursday 9.45am & 6.30pm

Term 1

10 weeks

January 18 - March 29

No classes on half term:

21-22 Feb

Term 2

12 weeks

April 18 - 4 July

No classes on half term

30-31 May

Details of all courses and
workshops on
www.aurolabyoga.net

For more information and
registration or for a chat
call or mail
samyoga@btinternet.com
01792 845909

Therapeutic and
Transpersonal modalities:
Craniosacral Therapy
Somatic Experiencing
Shamanic Counselling
Remedial Yoga

IN MORE DETAIL

The Mandala workshops (3 March / 7 April and 19 May) (£35 or £90 for the three sessions) are three hour sessions at Urban Zen in Swansea. 11.30-2.30

The sessions have a progression to them but can be taken separately. These workshops are an invitation to curious practitioners, teacher trainees and established Yoga teachers to deepen their personal practice and elevate their intention to give voice to their spirit.

These are also open to all who have studied with me for at least two years.

The session unfolds into a sustained practice and self study applying the Yogic principles of ahimsa, satya and svadhyaya. Caring, honesty and self reflection.

3 March Ceremony, Focussing, Kriyas, Bandhas and Pranayamas. Aurolab Surya Namaskaram .The art of standing and the connection between the feet and the belly. Physical balance, mental equilibrium and emotional stability. Nidra and finishing mudras.

7 April Ceremony, Focussing, Kriyas, Bandhas and Pranayamas. Tensegrity and core power. The Samanga form. Sitting and twisting sequences. Understanding digestion, assimilation and the processing of experience.

19 May Ceremony, Focussing, Kriyas, Bandhas and Pranayamas. Heart centred practices. Preparations for back bends. The back bending action, an opening to the world with intelligent containment.

Yoga Day at The Green House 12 May 9.30-4 (£50) Teas and milks provided.

We give ourselves time to loosen up our spines with deep pranic waves, gentle gestures and mindful sequences. Includes pranayama and bolster work.

A poetic day of relaxation, connection and meditation. Open to all.

The Trauma Days with Tanya are of particular interest to practitioners of the healing arts as well as counsellors, nurses and anyone involved in caring for others. Please note that these are not therapeutic sessions, but study ones.

For Teacher Training and Post Graduate Training, please get in touch.

The Santosha Silent Retreat in September is another instalment of a deep process, involving in-habitual ways drawn from The Ancient Arts of Ecstasy, integrating shamanic and yogic lores.

INDIA 28 Dec-6 January. Integrate your knowledge and understanding, deepen your enquiry. **This intensive is now almost full.** Please send your request to take part asap. If you express your interest now, I will send you the details as soon as we have them confirmed.

We hope you will be inspired to sign up for some of these offerings. Should you like to call us for a chat, more information about any of the above, please don't hesitate to get in touch.

