

AUROLABYOGA NEWS

“The soul, like the moon is new, and always new again. And I have seen the ocean continuously creating. Since I scoured my mind and my body, I too, Lalla, am new, each moment new. My teacher told me one thing, *Live in the soul.* When that was so, I began to go naked and dance”

‘The Soul like the Moon.’ Lalla.



Aurolab Qualified Teachers March 2014

From left:

Kim Jones (Gower) **Kai Winter** (Bonn, Germany) **Cathy Wright** (Crofty, Gower) **Natalia Ubieta** (London NW) **Jo Lee** (London NW) **Fay Doherty** (Three Crosses, Gower) **Aine Tormey** (Port Eynon, Gower)

Dear friends,

Much has happened since our last news letter earlier this year. Aurolab is delighted to welcome another seven newly qualified teachers in its fold. They have successfully completed all the hurdles of the 300H program with great dedication and we are happy to recommend them as proficient and compassionate teachers.

If you are interested in joining our new **Teacher Training Course starting 5-7 September**, please get in touch or download the pdf document from the web site.

This year's Canada tour was a heart warming affair during which I had the pleasure to meet Gioia Irwin, a remarkably accomplished practitioner of Vijnana Yoga and the creator of the **Tensegrity Repair Series**. She generously introduced me to her work providing me with the props and documentation for the practice. She has kindly authorised me to teach it which I will start doing in the Autumn.

There has also been an interest for the **Samanga Form** which I will introduce this coming term.

The Yoga Study Circle is soon to go to London (starting Monday 22 Sept) and Mid Wales (dates to be announced) providing trainees, established teachers and dedicated practitioners with a space to deepen their study and practice as well as share and build community. A new Circle will start at The Green House on Saturday 24th January. (this course has attracted much interest and tends to fill up fast, please book it well in advance)

Finally our **India Intensive 30 Dec-10 Jan**, preparations are well under way and we are both very much looking forward to this new adventure with a lovely group of practitioners. Call us or download the pdf document from the web site.

Term Calendar 9 Sept-23 Oct and 4 Nov-11 Dec

Yoga

Tuesdays 6.30-8pm

Wednesdays Children Class 5-5.45

Thursdays 9.45-11am & 6.30-8pm

Samanga Form (new)

Four introductory sessions

Tuesdays 5-6.15pm (16 Sept-16 Oct)

Tensegrity Repair Series (new)

Four introductory sessions

Thursdays 5-6.15 (13 Nov-4 Dec)

Sonic Meditation

Wednesdays 7-8pm

Thursdays 11am-12

The Inner Call

once monthly Sundays 10am-12

Yoga Weekend Retreat

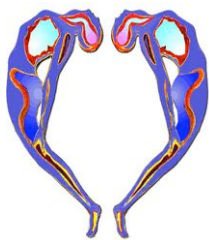
10-12 October

Teacher Training Professional Course

Starts 5-7 September

New Yoga Study Circle starts

24th January 2015



Yoga classes are all open level, but with different emphasis. Tuesday evening is more sustained, with in depth study of more complex poses, suitable for those with some experience. Thursday morning focuses on the breath with a meditative quality. Thursday evening offers a good introduction to the basic principles of Yoga practice and has a joyful dynamic quality. The Wednesday children class is for ages 6 to 10. One parent is required to attend the class with their children.

The Samanga Form is a fluid sequence that includes gentle meditative movements, strong kriyas (cleansing), pranayama (breathing techniques) asana (postures) and mudras (hand gestures). This is a standing form which improves balance, strength, rhythm and co-ordination. It is suitable for those with a good understanding of the principles of Yoga practice.

The Tensegrity Repair Series is a sequence of movements performed lying down with an emphasis on core strength, co-ordination and breath awareness. This practice is designed to break down adhesions, re-hydrate, tone and strengthen the whole system. Suitable for those with some experience.

Sonic Meditation is a Yogic practice that helps to connect with your breath, deepen your vocal experience and is a gateway to meditation. We integrate vocal practices of various traditions from around the world such as mantra, overtone chanting.

Inner Call once a month we focus on different aspects of sonic meditation & chant. Together we build a Field of Resonance.

All the above classes include relaxation and/or deep Yoga Nidra.

The October Yoga Retreat brings together all aspects of Classical Yoga with breath, posture, fluid sequence, sound and meditation practices. Shamanic Journey work is also on offer for those who wish to explore it during the retreat.

The Green House Clinic offers:

Craniosacral Therapy

Shamanic Counselling

Somatic Experiencing

The Green House School of Yoga and Healing Centre

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