



# AUROLAB YOGA NEWS

October 2016

Then each person must undertake a personal journey into Yoga, which comprises moments of respite, to pose and breathe and ponder, hurdles to overcome with deep listening and connection to one's personal power, limitations to meet and accept, and just as importantly acknowledge one's talents as well as reclaim and validate one's personal experience with a compassionate heart.



Dear friends,

The Green House is evolving! From April 2017 we will be able to accommodate practitioners for **individual retreats**. Long or short stays can combine Yoga practices, Cranio-sacral Therapy, Somatic Experiencing or Shamanic Counselling as well as coaching for teachers and access to the yoga studio.

This years Yoga Retreats in France and Morocco were very much appreciated by all, but the Organic Berber Farm in Morocco really won our hearts. The place is exquisite and the hospitality outstanding. The food, prepared by Khadija and Zayna, two local Berber women, was a constant delight of freshness, taste and heart. Contact us to voice your interest for **Spring 2017 Retreat in Morocco April 16th - 23rd**

Closer to home we offer **Silent Weekend Retreats** at the Green House, early March and late September.

The popular **Thursday morning yoga class** now has places available, if you would like to join let us know.

A new round of the Saturday **Study Circle** begins in February as well as the **Shamanic Journeying** nights on the Friday. Both run over the same weekend on a monthly basis for six months until July.

On the Sundays we are running *Psyche and Soma*, experiential study days for personal and professional development, beginning with a focus on trauma awareness and how we recognise and create safe space.

We are also excited to be starting our **Post Graduate** course in early August, with a ten day retreat.

Finally the new one year format of **Aurolab Teacher Training** begins in September 2017.

Those interested in **Aurolab Foundation courses** contact Priya Alsop [kristin.priya@gmail.com](mailto:kristin.priya@gmail.com) in Bath and Michele Lambert [michelelambert21@hotmail.com](mailto:michelelambert21@hotmail.com) in Bridgend.

## Classes at The Green House until 15 December. New term starts Jan 10th

### Yoga

Tues pm 6.30 - 8 Sustained practice

Wed am 9.45 - 11 Beginners yoga, tensegrity

**Meditation and Yoga Nidra** Wed 7-8pm.

Thurs am 9.45 - 11 Breath and gentle Yoga

Thurs pm 6.30 - 8 Open to all

**Sonic Meditation** Thurs am 11-12

6 term sessions £48 Single class £9 Please book in good time to secure your place in your chosen classes.

Concessions are available for all classes, please enquire.

## 2017 Courses, events, retreats

### New Study and practice Circle

11 Feb / 25 March / 29 April / 27 May / 17 June / 8 July

The circle is back with a new impetus! Study Yoga in depth with strong transformative practices and interactions with seasoned practitioners, trainees and established teachers. Boldly step into a full, deep and meaningful practice with the support and safety of the Circle! £288

### Shamanic Journeying

10 Feb / 24 March / 28 April / 26 May / 16 June / 7 July

The six monthly sessions run on Friday evenings 6.30-8.30. Shamanic journeying, shamanic healing, spiritual enquiry and the forming of your circle of allies are at the core of this work. £84

### Yoga Days 7 May & 5 November 9.30-4.30

The May day will cater for all levels of ability and focus on restorative practices and breath work. The Sept day will suit more established practitioners with a deeper study of more advanced and complex postures and pranayamas. £50 per day or £90 for the two days.

### Silent Retreats 3-5 March & 22-24 Sept

Intensive and powerful, we focus on purification of body, mind and psyche and include advanced pranayama and asana, shamanic exercises and outdoor work. £295 inclusive of Ayurvedic meals and shared accommodation.

### Psyche & Soma 1: 26 Mar/28 May/18 June Experiential study for personal & professional development.

We explore recent understandings of how & why trauma arises. This course takes the form of lectures, discussion, experiential physiology, self enquiry. Suitable for yoga teachers/practitioners, therapists or those who would like to increase their ability to hold safe space for others. By application only.

**Certified Aurolab Teachers receive a 10% discount on the above Yoga Courses. Not Shamanic Journeying**

## Spring 2017 Retreat in Morocco April 16th - 23rd

### New ONE YEAR Teacher Training Course

Our TTC now runs over one year with 10 monthly weekends & two five day retreats. The hours are the same but the course is now more contained and will suit students who are prepared to take on their yoga studies with full dedication!

### New POST GRADUATE Course

runs over two 10 day intensives 29 July-8 August 2017 & 4-14 January 2018. For graduate teachers of any school of Yoga. The program integrates therapeutic modalities, including the cranial touch, trauma aware and remedial Yoga.

Kindly register your interest for any of the above courses and training programs. [tanya.syed@btinternet.com](mailto:tanya.syed@btinternet.com)

[samyoga@btinternet.com](mailto:samyoga@btinternet.com) 01792 845909 or text 07805 048689