



AuroLabYoga
'Experiential Yoga

ON LINE YOGA TEACHER DEVELOPMENT STUDY PROGRAM

**SEPT 2020-JUNE 2021 FOR TEACHERS,
TRAINEES AND DEDICATED PRACTITIONERS
OF ANY STYLE OF YOGA**

Zoom sessions **Sundays 3-7pm GMT** please check your corresponding local time.

2020: 27 Sept / 25 Oct / 29 Nov / 6 Dec

2021: 17 Jan / 14 Feb / 14 March / 11 April / 9 May / 13 June



The course is an opportunity for established teachers, teacher trainees and diligent practitioners to evolve both their self-practice and their teaching skills. Actualising our practice and teaching is a day to day enquiry that moves as we move, never static, never repetitive. Everyday we have an opportunity to meet ourselves in a new light, to perceive, understand and question our assumptions and our conditioning.

This course intends to offer a safe space for you to explore where you are coming from, in terms of your practice, your teaching, where you are at this point in time and where you'd like to go from here.

Yogic lore offers ongoing possibilities of exploration, beyond the parameters of any particular method. It gives us access to new perceptual territories, new understanding of self, others and the world.

The program is a resource for all of us to reset our internal compass and find new orientation and deeper meaning.

In these times of instability, uncertainty and apprehension, we need to find new myths, new stories and new revelations. All of these are brewing in the evolutionary processes at play in our very species. The time has come to unlock them from our dream body and ignite the somatic responses that hold the key to a fuller life.

Fee: **£580** or the equivalent in your currency.

A deposit of £100 is required to take your place on this good ship setting sail on Sunday.