

# Ashtanga Vinyasa Yoga Workshop

## With

### Lucy Crawford



Friday 27<sup>th</sup>, Saturday 28<sup>th</sup> & Sunday 29<sup>th</sup>  
November 2015

Lucy began her studies with Shri K. Pattabhi Jois in 1993, and received Gurujii's blessing to teach in 1995. Lucy taught alongside John Scott for the 20 years of their married life where they combined their skills to develop their teacher training Programme. Since separating in 2012, Lucy has begun developing her own teaching, combining her understanding of the body mind through her practice of Yoga and through her Biodynamic Craniosacral Work. Lucy is continuing to develop her own techniques of body listening. This is a felt sense experience practice, where by listening in, mindfully, we can allow the tissues to deepen and soften into the conditions holding us in our conditions, or emotional patterns our stuck-ness, tight-ness, or blocked-ness. We can then follow the body's intelligence to release into and give way into the conditions held. The approach is a little more spacious and less demanding than the more traditional 'you do' type of a practice, but is held firmly within its framework, remaining committed to the traditional Ashtanga Vinyasa method. It offers a balance of doing and listening so that the body has time to respond to what's actually held there.

Lucy is very intuitive and likes to tailor her teaching to the group she is with, therefore the group classes will have a loose theme so Lucy can be in the flow and respond in relation to what comes up for people.

## Course Requirements

To get the most out of this workshop, knowledge of the Ashtanga Primary Series is required.

## Course information

Friday 27<sup>th</sup> November 2015 6.00pm-8.00pm

Introduction and part led primary series practice

Saturday 28<sup>th</sup> November 2015 - Morning

Group 1. Mysore self-practice 7.30am-9.30am

Group 2- Mysore self-practice\* 10.00am-12.00pm

(Morning sessions limited to 8 people per class)

Saturday 28<sup>th</sup> November 2015 - Afternoon 2.00pm- 5.00pm

Identifying patterns (physical and emotional) we have as individuals and learning to work with them. A slower paced class with the opportunity for discussion.

Sunday 29<sup>th</sup> November 2015 - Morning

Group 1. Mysore self-practice 8.30am-10.30am

Group 2- Mysore self-practice \* 11.00am-12.00pm

(Morning sessions limited to 8 people per class)

## Course Venues

Friday evening and Saturday afternoon – Venue to be confirmed

Saturday and Sunday morning sessions St Clement's Farm Studio, La Grande Route de St Clement, St Clement, Jersey, JE2 6QQ

## What to bring

Yoga mat, regular yoga clothing, water to drink. Bring a light snack and drink if attending on Saturday for morning and afternoon sessions.

## Further information

- This workshop is appropriate for anyone with experience of the Primary series of Ashtanga yoga.
- \*There is a possibility that Group 2 of the Saturday and Sunday morning sessions could be a led class rather than a Mysore style self-practice class (dependent on the majority of the participant's requirements).
- Group preferences for morning sessions will be allocated on a first come first served basis.
- Spaces are limited to a maximum of 16 people and payment must be received in full to secure a place.

- Please note: Refunds are only possible subject to there being a waiting list.

Please make sure you make Claire Verner or Lucy Crawford aware of any current or relevant historic medical conditions (Claire's telephone no. is 07797 823431)

Please send booking form and cheque to:

Claire Verner, 4 Bagot Manor Avenue,  
St Saviour, Jersey, JE2 7RH  
Tel 07797 823431  
E-mail: [clairemcorson@gmail.com](mailto:clairemcorson@gmail.com)

Please contact Claire for bank details if you would prefer to pay via bank transfer.

### Booking Form

Name: .....

Address: .....

Mobile No: .....

E-mail Address: .....

I would like to attend the workshop and enclose a cheque or cash made payable to Claire Verner (address noted above). **Please remember to tick the relevant box(es) below:**

- |   |      |
|---|------|
| ◇ Full course (all four sessions)   | £130 |
| ◇ Friday 16 <sup>th</sup> evening   | £35  |
| ◇ Saturday 17 <sup>th</sup> morning - Group 1 or 2 (please circle preference) | £35  |
| ◇ Saturday 17 <sup>th</sup> afternoon   | £40  |
| ◇ Sunday 19 <sup>th</sup> morning - Group 1 or 2 (please circle preference)   | £35  |