Mira Mehta runs workshops both for general students and for Iyengar Yoga teachers. They are topic-based in order to give a broad perspective on Yoga. They integrate theory from Yoga-related works into the practice of a wide variety of postures so that you can transform book knowledge into experienced knowledge. You will be encouraged to ask questions and share your experiences.

To confirm your place at The Yogic Path workshops, in NW6, please email ahead of the workshop, fill in the Application Form , and either post ahead with payment or bring with you on the day.

Guidance for Teachers
Yoga and Being
External Workshops

Guidance for Teachers

For teachers and trainee teachers.

Saturdays 12:30-3:00pm (Monthly)

mira@yogicpath.com

We provide a forum for Yoga teachers to gain confidence by sharing questions, problems and experiences with colleagues. The topics change each year.

The topic for 2013 is: *Programmes for Minor Ailments*

Back Pain & Sciatica -16 February 2013
Neck, Shoulder & Arm Pain - 16 March
Knee, Hip & Foot Pain - 11 May
Menstrual Pain - 8 June
Fatigue & Anxiety - 6 July
Headaches, Colds & Flu - 21 September
Minor Injuries - 19 October
Emotional Stress - 16 November

Fees

Yoga and Being

Saturdays 4:15-6:45pm (Monthly)

mira@yogicpath.com

These general workshops explore wider aspects of Yoga practice, linking it to theory from Yoga texts. The aim is to build confidence in practice. Students would benefit from having some Yoga experience.

The overall topic for 2013 is: *Philosophy in Practice*

Upanishadic Concepts
The Knowledge That Reveals All (1) - 16 February 2013
The Knowledge That Reveals All (2) - 16 March
The Five Sheaths - 11 May
Samkhya Concepts
The Qualities of Nature (1) - 8 June
The Qualities of Nature (2) - 6 July
Yoga Concepts

The Conquest of Dualities (1) - 21 September
The Conquest of Dualities (2) - 19 October
Yogic Acts - 16 November

Fees

External Workshops delivered by Mira Mehta

Hampshire Workshop (UK): 24 February 2013
***Yoga and Ayurveda* - February 2013**
Ayurvedic Anatomy & Ayurvedic Physiology and constitutions

The Inner Yoga Trust

17 Tilmore Rd
Petersfield, Hampshire, GU32 2HJ
Tel: 01730 261001 (UK number)

enquiries@inneryoga.org.uk

Please visit website for booking form.

Yoga Explained

Sunday Workshops for Beginners

louise@yogicpath.com

Yoga is a time-tested way to achieve well-being in body and mind through the practice of yoga postures and breath control (*asana* and *pranayama*). It is founded on a positive outlook aimed at relieving suffering. These workshops introduce Yoga postures and philosophy and discuss its relevance to life. They consist of both practice and discussion, with the opportunity for questions.

Beginners of any age are welcome, but those with a medical condition should seek advice before attending.

These workshops are run by Louise Kaye .

Sundays 2:00pm to 3:30pm (Dates TBC)

Fees