

# "Sensation and Consciousness"

## An Original Body Workshop

with **JOHN STIRK**

Live Streaming on Zoom

Saturday 7<sup>th</sup> November

10am - 12.30pm 2.00pm - 4.15pm

£50

We study the body but cannot help but be students of the mind. As we work with the finer elements of sensation, the mind is ever present, rarely if ever switching itself off. How can we engage this continuum of activity to enhance insight and understanding? The body houses consciousness, minds and selves and may be approached accordingly. Each sensory nuance and realization has a psychological and emotional counterpart. We cannot divide the indivisible. The unitive experience provides the essence of yoga. This practical workshop will include discussion on the physiological, psychological and emotional insight that arises as we work together.

*John Stirk is one of the most innovative teachers practicing and teaching Yoga today. John is the author of "The Original Body" - Primal Movement for Yoga Teachers." His new book "Deeper Still" is due for publication at the end of the year.*

Payment by BACs 08-92-86 16087499 or cheque. Jackie Barker, 14 The Uplands, Ruislip HA4 8QN 07876 207408. Full refund with 1 month's notice – 50% refund with 14 days' notice. Please advise when you have made the payment. A link will be sent to you prior to the date of the workshop. All you need is a computer, laptop or phone. It is not necessary to have an account with Zoom. The workshop will be open all day including the 1 ½ hour break for lunch if you wanted to chat. Numbers are restricted in order that there can be discussion time set aside with John to answer your questions and to bring the workshop group together as a unit. Please remember that John uses very simple positions to help you experience his work. I look forward to hearing from you and any queries, please phone or email.