

# STAND BY ME

## Monica Voss

**SUNDAY 23<sup>rd</sup> MAY 2021**

**Live Streaming on Zoom from Toronto**

**2pm – 4.30pm Cost £28**

**Recording available**

Payment via BACs 08-92-86 16087499 - Mrs J A Barker  
Payment from abroad - IBAN GB35 CPBK 0892 8616 0874 99  
BIC CPBK BG 22

Contact Jackie Barker 07876 207408 email [jackie@yogawithjackie.co.uk](mailto:jackie@yogawithjackie.co.uk)



A perfect practice for a Sunday afternoon. Let us explore the experience of standing and walking with an emphasis on stretching the feet, lubricating the knees, circulating the legs within their hip joints, releasing the sit bones and tailbone in the direction of the inner heels, and encouraging the wave-like elongation of the spine. We will spring, bounce, stamp, grow roots and balance. We will practice all things vertical including meditative walking, sitting and even inversions with awareness, confidence and joy! Together, connected through our shared Yoga Practice, we will "step in the direction of life, which is the present moment." (Thich Nhat Hanh - Vietnamese Buddhist Monk and Teacher). Everyone is welcome.

***MONICA VOSS HAS BEEN PRACTISING AND TEACHING Yoga for over 40 years. She has studied with Esther Myers, Vanda Scaravelli and Mary Stewart and has been training teachers since 1986. Monica co-owns, directs and teaches at the Esther Myers Yoga Studio in Toronto, Canada. She conducts workshops, retreats and teacher training in North America, Europe, Mexico, the Caribbean, and India and has been offering annual Summer workshops in the UK since 1989.***