

# A workshop with Pete Blackaby

Friday 26 March 2021

**Niland Conference Centre, Rosary Priory**

**93 Elstree Rd, Bushey, WD23 4EE**

**10.30am – 4.30pm Cost £70**



Pete will continue his fascinating exploration into how we do ourselves a disservice by fragmenting our body into parts, as we reduce the various poses into a 'hamstring stretch', a 'quad-strengthener' or 'hip opener'. Pete's work teaches us that muscles do not weaken or shorten for no reason; rather they will suffer if they are no longer used properly in their function. That the best way to restore a muscle or joint to health is to give it back its functional purpose. Just stretching or strengthening a muscle achieves very little. Teaching it to do what it has evolved for achieves a lot.

This workshop will encourage you to explore new ways of approaching movement through our senses and challenge long held, and perhaps so called 'traditional' ways of working with the body.

*Peter has over 30 years experience as a Yoga Teacher and Trainer and is a practising osteomyologist. He is the author of 'Intelligent Yoga' published in 2012; the art of using our body intelligently when practising Yoga. He lives in Brighton and works from his own Yoga Studio, Unit 4 in Brighton.*

Please use the post code UB9 6HL if travelling via Harefield. If you are travelling from the M25 or A412, please use the Old Orchard post code of UB9 6HJ. Both codes will take you down a narrow road towards the canal. Drive past the Old Orchard on your left and follow the lane as it bends right and over the canal bridge. Park in front of the bigger house. Please check your route beforehand and contact me if unsure. If you need a taxi Harefield Cars are recommended 01895 824024. I have room for 3 in my car. It is a fabulous venue and well worth the drive.

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**Application Form – Cost £70**

Name.....

E-Mail Address.....

Telephone Number.....

Please make cheques payable to:- Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN. BACs 08-92-86 16087499 01895 675426 or 07876 207408 e-mail [jackie@yogawithjackie.co.uk](mailto:jackie@yogawithjackie.co.uk) [www.yogawithjackie.co.uk](http://www.yogawithjackie.co.uk)

N.B If people have to withdraw I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice if there is no waiting list. Any cancellations due to Covid will have a full refund or credit.