

BILL WOOD
Finding Our Centre
ICKENHAM VILLAGE HALL
Swakeleys Rd, Ickenham UB10 8DG
Saturday 11 May 2024
10am - 4pm
Cost £70
Payment by BACS 08-92-86 16087499
or cash by arrangement



**As we become more aware of the natural tidal movements of our breath and our spine
- and less focussed on outward appearances - our yoga practice can release and
realign, and our attention become more centred.
Exploring these ideas, this day of yoga will be posture based, with periods of
relaxation and sitting practice woven in.**

Author of "A Journey into Being: Practising Yoga from Within," and a teacher since 1994, Bill runs online and in person classes from his base in south Devon and teaches workshops and retreats all around the UK. While inspired by many different yoga and meditation traditions, his main influence has been the teachings of the late Vanda Scaravelli, and he continues to study with Sandra Sabatini, one of her longest standing students. Away from his mat he also mentors students in the world of outdoor education and nature connection; worked previously as a psychotherapist for 10 years; and can often be found paddling a canoe somewhere between Dartmoor and the sea.

The Ickenham Village Hall is in the middle of Ickenham shopping parade, so great for lunch, but has restricted street parking. Ickenham Station is 5 mins walk and on the Met and Piccadilly lines. If you need to drive it is best to get a £3 all day ticket at Ickenham Station, Glebe Av UB10 8PD. Please check your route beforehand and contact me if unsure.

The venue is warm and comfortable with a large kitchen for hot drinks and heating food for lunch.

NB. I will always offer a full refund for cancellations up to one month's notice and a 50% refund up to 14 days' notice.

Best wishes

Jackie Barker

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