

# "Sensation, Silence and Beyond"

## A day long workshop

with **JOHN STIRK**

**Saturday 4<sup>th</sup> November 2023**

**THE STABLES Manor Farm, Ruislip, HA4 7QL**

**11am – 5pm Cost £75**

**Payment by BACS 08-92-86 16087499**

**Payment required 4 wks before workshop**



**Physical sensation can draw us into deep and abiding silence.**

**Unadulterated silence, highlights the relationship between our material and non-material nature, erases fragmentation and mitigates internal divisions.**

**The energy of silence produces the space from which we may observe the interplay between personal reality and the reality that lies beneath it and opens the door for insight and realisation to flourish.**

**This workshop, using the deceptive simplicity of supine and sitting variations, engages our sensory intelligence as a way in to an energised silence that moves through and beyond itself. Pure awareness is unitive silence plus perception.**

***'The quality of an approach may be determined by its potential for dissolving itself'.***

*John Stirk has been teaching yoga for 45 years. His background in Osteopathy and Humanistic psychology, his association with R.D. Laing, an interest in the work of J.Krishnamurti and his ongoing and ever deepening personal enquiry have inspired a teaching approach and style of communication that fosters the transformative potential of group work.*

**John is the Author of several books, notably 'The Original Body '(2015) and 'Deeper Still' (2021)**

**Contact:- Jackie 07876 207408 e-mail [jackie@yogawithjackie.co.uk](mailto:jackie@yogawithjackie.co.uk) [www.yogawithjackie.co.uk](http://www.yogawithjackie.co.uk)**