



Sun Salutation – a complete practice

One Shakti Yoga Workshop with Manish

This half -day practical workshop will explore the complete experience of the Sun Salutation practice done in most yoga classes.



We will establish the technique and learn how to move effectively and rhythmically to experience the effortless trance like state.

This workshop will be an insightful Yoga including:

- Physical - to awaken and align the physical body
- Pranayama – to resonate with the energy expression
- Prayers and Mantras – to feel the divinity in the practice
- Philosophy/Spiritual sharing – to connect with the essence



This workshop is suited for all, especially for regular practitioners wishing to deepen their yoga journey or for yoga teachers. Through this experience, It would be great to have you participate in the 108 Sun Salutations charity event guided by One Shakti on 28th March 2020.



**Venue: Hartspring Lane Community Centre
336 Park Avenue, Bushey, Herts WD23 2BJ**

Date: Saturday 14th March 2020

Time: 9:00 am – 1:00 pm

Fees: £40.00 (Cancellation refund 50% of fees, require minimum 2 weeks notice)

To register, please complete the registration form below and send fees ASAP (as places are limited). Further details will be sent in due course.

For further information, please contact Manish:

✉: manish@oneshakti.co.uk

☎: **07854 14 12 16**

www.oneshakti.co.uk



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Name:

Tel. Home:

Address:

Mobile:

Email:

Please state any health problems (in confidence) on the reverse side of this form. All practices are optional. The health responsibility lies with the participant. We do not accept any liability.

I enclose cash or cheque for £ _____ made payable to "M Shah". (Do not post cash)

.....
Signature

.....
Date

Please return the form/fees to: One Shakti Yoga Workshop, 202 Kenton Lane, Harrow, Middlesex HA3 8SX